Welcome to **FibroGuide**: A Symptom Management Program for People Living With Fibromyalgia.

I'm Dave Williams, Professor of Medicine and Rheumatology at the University of Michigan and Associate Director of the Chronic Pain and Fatigue Research Center. For the past 25 years, I've worked with people who have chronic pain and fatiguing illnesses like fibromyalgia.

**FibroGuide** shows you ways you can manage the pain of fibromyalgia so that you may be able to do more of the things that you not only need to do but want to do and love.

**FibroGuide** is adapted from the Live Well with Fibromyalgia program developed at the University of Michigan. It was developed with the help of experts in chronic pain management and individuals with fibromyalgia. The program provides you with facts about fibromyalgia and recommendations on lifestyle changes you can make to help manage your condition.

Although there is no cure for fibromyalgia, research suggests there are ways to successfully manage its symptoms using a combination of medication and behavioral lifestyle skills. This is the same approach that is used to manage diabetes, another chronic medical condition. Diabetes is best controlled by medication, such as insulin, combined with lifestyle adjustment, including proper diet and regular physical activity.

Managing fibromyalgia may involve a similar plan that includes education, physical activity, support, and a kind of talk therapy called cognitive behavioral therapy, along with medication.

**FibroGuide** offers you helpful information, tips, and resources for each of these areas in a format that allows you to personalize the information for your individual needs at any given time. The program is broken into topics for you to select depending upon your symptoms.

**FibroGuide** is designed for use over time. You probably won't need all the topics today, but keep the program handy. You can use it as a resource when new problems arise or to help modify your management approach as barriers resolve.

I hope that you find **FibroGuide** helpful. Information and educational programs have made a meaningful difference in the lives of people with fibromyalgia, and lifestyle improvements are one part of fibromyalgia that you can control.

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