



International Institute For Human Empowerment, Inc.
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Helping Individuals and Organizations Recognize and Harness their Power

***News Release “Fibromyalgia: Awareness, Advocacy, and Action 5/11/10
Report of the Select Empowerment Seminar on Fibromyalgia”***

The International Institute For Human Empowerment, Inc., will launch a new edition of this Report on May 11, at the Institute’s booth at the Women’s Health Expo in the Concourse in Albany, NY. Reports are free and donations are requested to cover costs.

The National Fibromyalgia Association estimates that there are 10 million patients in the United States diagnosed with Fibromyalgia, with many yet undiagnosed. While most patients are women, men and children are also affected. This report was written to clarify misconceptions about Fibromyalgia and those affected by it. Because the average time to diagnosis is five years, patients frequently lose jobs, insurance, homes, and sometimes even spouses or significant others due to the lack of appropriate medical treatments.

This Report is the work of 21 patients and professionals who participated in a Select Empowerment Seminar sponsored by the International Institute For Human Empowerment, Inc., during the months of July and August, 2009. The professionals included a Psychiatrist and Medical Advisor, Neurologist, two Medical Researchers, Complementary Therapists, Business, Educators, a Legislative Analyst, Social Security Disability Attorney, NYS Division of Human Rights Office of Disabilities Attorney, and Patient Advocate. Part I of the Report is for a broad audience and includes Action Plan recommendations, while Part II is comprised of Expert Summaries including Fibromyalgia diagnosis, treatments, legal rights and responsibilities, and advocacy.

The pain of Fibromyalgia has been compared to the pain of Rheumatoid Arthritis. Recent research shows that Fibromyalgia is real as evidenced by physical changes such as those revealed on scans and elevation of substance P, a neurotransmitter.

Once thought to be a muscle disease, Fibromyalgia is now recognized as a neurological pain syndrome. By providing timely diagnosis and appropriate treatments, the patient has the best chance that acute pain will not become chronic.

This Report provides direction for patients, physicians and other healthcare professionals, education professionals, employers and human resource professionals, elected officials, health insurers, researchers, and human rights agencies . Patients will learn their rights, and find support through education and research. For those who are unable to work, there is information about accessing social security disability. However, by seeking appropriate job accommodations, patients have a better chance of being able to remain in the workforce, thus reducing reliance upon social systems. “Our vision is to make each Fibromyalgia patient an empowered patient, living well and contributing to society.

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