

About Fibro Fact Sheets

Information on Fibromyalgia Syndrome Fact Sheet 5

How Is Fibro Treated?

An Overview.

Fibro is a complex condition with a number of other conditions that can occur as symptoms, making it very complicated to treat. Exactly what works for one person may not be the best treatment for another.

The most effective treatment for Fibro is often through a multidisciplinary approach, using medications, complementary and supportive therapies, and lifestyle adaptations³³.

It is rare that one approach alone can manage Fibro in the best way possible.



It is very important for Fibro patients that they have a doctor that will work with them. Fibro doesn't fall perfectly into any one medical discipline, so the best doctor for a Fibro patient may be a GP, a rheumatologist, a neurologist, a pain management specialist - basically any doctor who is interested in treating Fibro.

It can be very hard to find a good doctor for Fibro, with many patients settling for a doctor that believes in the condition, even if they aren't treating it as well as they could. Some doctors who are specialised in other conditions don't want to specialise in Fibro as well. Finding the best treatment for a Fibro patient can take a long time and be a frustrating process. It can also require significant research into medication options and possible referrals, which some doctors simply do not have the time for. These are only two reasons why a doctor may not want to treat Fibro patients.

It is worth remembering that there are some doctors who are genuinely interested in Fibro and in helping Fibro patients, so if a Fibro patient has a doctor who is unable or does not want to treat Fibro, then it is worth carrying on looking for a good doctor. A good doctor should recognise the complexity of Fibro as well as its impact on the lives of the patient and everyone around them. They should be willing to try many options and recognise that, just because one treatment doesn't work for a Fibro patient, it doesn't mean that there isn't something else that will.

If you have a sympathetic GP who is not confident that they know enough to help you treat your Fibro, then they can refer you to a consultant for specialist advice. If there isn't a consultant or clinic local to you that can help you, then your GP can refer you out of area—to the FM Clinic at Guy's Hospital, London for example—via the NHS Choose and Book system. Your GP will still have an important role to play.

If you cannot get an NHS referral, or if you do not want to wait for the time it can take to get a specialist appointment on the NHS, then you have the option of going private. This is also an option with complementary services, such as physiotherapy, hydrotherapy, massage etc—many people in the UK end up doing this because the NHS cannot afford unlimited appointments of this kind.

References available online at: <http://www.fibroaction.org/Pages/About-Fibro-References.aspx>