

Press release 16 July 2008

A step in the right direction for Fibro and the NHS

FibroAction is delighted to announce that their input has led to NHS Direct fully reviewing and updating their website information on Fibromyalgia Syndrome (Fibro). This updated information is also available on the NHS Clinical Knowledge Summaries website. Despite still being in the process of becoming a registered charity, FibroAction is already having an impact.

Fibro is a debilitating, chronic condition whose main symptoms are widespread chronic pain, hypersensitivity to pain and chronic fatigue. Despite the high numbers of sufferers (between 1.2 and 2.7 million people in the UK alone), awareness of the condition, and the knowledge and treatments available for it, is very low, even amongst medical professionals.

The NHS Direct website is the first port of call for many patients and the media and the much expanded and improved Fibro topic will help to raise awareness of the condition.

The NHS Clinical Knowledge Summaries are a source of reliable, evidence-based information and practical 'know how' about common conditions, aimed at healthcare professionals working in primary care, from GPs to pharmacists. The updating of the NHS CKS information on Fibro, as well as the NHS Direct website, means that healthcare professionals now have better information available on their own NHS information sources. The information can be printed out as a patient information leaflet from [the CKS Library](#).

FibroAction founder, Lindsey Middlemiss, a Fibro sufferer herself, said:

"I am delighted that NHS Direct responded so promptly to our calls for an update of their information on Fibro and that they carried out such a thorough review of the information, as well as making the updated information available on the NHS Clinical Knowledge Summaries.

This is an important step forward in our work to raise awareness of Fibro and make accurate, up-to-date information about the condition easily accessible. We are especially pleased and proud that the information we provide was considered worthy of reference on such a high profile publication.

There is a lot of information available about Fibro, but it can be hard for patients and healthcare professionals to keep up to date, which is why the updating of information sources such as NHS Direct's website and the NHS Clinical Knowledge Summaries is so important."

FibroAction will continue to work with NHS Direct, and other organisations, to make sure that the information available about Fibro is as good as possible.

For more information see www.fibroaction.org

ENDS

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Further information:

- The NHS Direct information on Fibro is available at:
<http://www.nhsdirect.nhs.uk/articles/article.aspx?articleId=449§ionId=1>
- The NHS Clinical Knowledge Summaries information on Fibro is available at:
http://cks.library.nhs.uk/patient_information_leaflet/fibromyalgia
- **Fibromyalgia Syndrome (Fibro)** is also referred to as Fibromyalgia, FMS and FM. Fibromyalgia is pronounced Fi-bro-my-AL-gee-ah. FibroAction prefer the abbreviation, Fibro, as it is easy to pronounce, spell and remember.
- The estimate of 1.2 and 2.7 million people with Fibro in the UK is based on internationally recognised prevalence statistics of 2-4.5% of the population. The prevalence of Fibro in the UK has historically been hugely under reported.
- FibroAction was set up in 2008 and is in the process of applying for registered charity status.
- FibroAction aims to educate people about Fibromyalgia Syndrome (Fibro), including people with Fibro, healthcare professionals and the general public, as well as providing support to patients.
- For more information on Fibro and FibroAction, please see the [Media Section](http://www.fibroaction.org/Pages/Media-Section.aspx) of our website:
<http://www.fibroaction.org/Pages/Media-Section.aspx>