



# Figuring out Fibromyalgia: Current science and the most effective treatments

*Ginevra Liptan*

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Fibromyalgia is a medical condition characterized by widespread muscle pain and fatigue that affects 6-10 million people in the United States. Huge progress in research over the past decade has established dysfunction in sleep, pain, and the stress response in fibromyalgia. Current research suggests that the muscle pain of fibromyalgia may be generated from the fascia, the connective tissue surrounding each muscle of the body. As medical understanding of fibromyalgia has increased, so have our treatment options. With the unique perspective of a physician studying fibromyalgia "from the inside," Dr. Liptan explains the most up-to-date science and guides you to the most effective treatments from both conventional and alternative medicine.

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