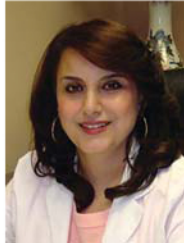


## MEDICAL FEATURE 2008 Brought a Specialty Fibromyalgia Clinic

New to the community in 2008 was a Specialty Fibromyalgia Clinic, under the direction of Dr. Suwan, currently the director of the Midwest Academy of Pain and Spine and the Advanced Chicago Headache Clinic. She currently associates the clinic with Dr. Elborno, Medical director of The Hinsdale Hospital Pain Management Center of Excellence. According to Dr. Suwan, 2008 was an important year for Fibromyalgia patients as new medications were approved by the FDA for the condition.



**1. WHAT WAS NEW IN PAIN MANAGEMENT IN 2008?** More recognition of Fibromyalgia Syndrome -- a debilitating condition that may include, but is not limited to wide spread pain, fatigue, and tenderness throughout all the tissues of the body. The issue with fibromyalgia is that it is significantly under diagnosed and underestimated by both patients and healthcare professionals. The misperception which persists among many medical professionals is that Fibromyalgia does not exist or may represent psychological problems.

**2. WHAT IS THE IMPORTANCE OF FIBROMYALGIA RECOGNITION?** Fibromyalgia affects up to 4% of Americans, predominately women, according to the American College of Rheumatology (ACR). Recent advancement in Fibromyalgia management may brighten the outlook of the nearly six million sufferers.

**3. WHAT ARE THE CHALLENGES IN FIBROMYALGIA MANAGEMENT?** In addition to the significant under-diagnosis and under-estimation by both patients and healthcare professionals, diagnosing Fibromyalgia is not a straight forward process, and it could be confused with other chronic pain conditions. The other significant challenge is that there is no single treatment option that can alleviate fibromyalgia. As such, this debilitating chronic pain condition has been falling into an unwanted territory that no specific medical specialist wants to assume responsibility for.

**4. WHAT DO YOU RECOMMEND FOR PATIENTS WHO WERE DIAGNOSED WITH FIBROMYALGIA OR WHO HAVE SYMPTOMS THAT MAY SIMULATE THIS CONDITION?** I do believe that the first step in any chronic pain management would be a correct diagnosis. It is the key for effective management. We at the Midwest Academy of Pain and Spine are Neurologists and Pain Management Specialists with privileges at Adventist Hinsdale Hospital. We have teamed with the Adventist Hinsdale Hospital Pain Center of Excellence, under the direction of Dr. Elborno, to launch a specialty Fibromyalgia clinic located in our Lisle office. At the clinic, we follow a comprehensive management program that includes both pharmaceutical and non-pharmaceutical treatments for Fibromyalgia. The newest in medical science about Fibromyalgia pharmacological management is very exciting for all sufferers as now we have FDA approved medical medications that may play valuable roles in Fibromyalgia management when combined with other non-pharmaceutical modalities.

**5. WHAT ABOUT HEADACHE MANAGEMENT? IS THERE ANY NEW HOPE FOR CHRONIC HEADACHE SUFFERERS?** New migraine-specific medication was FDA approved and launched in 2008 with favorable response and growing patient satisfaction. Clinical Studies on the use of Botox in chronic headaches are still going on, with favorable results. However, Botox injection is not yet FDA approved for the treatment of chronic headaches, although it is approved for the treatment of other medical conditions. Moreover, a growing number of insurance companies have been covering Botox injection for headaches, considering the fact that it has been helpful to reduce frequency and intensity of headaches, giving patients more functionality with less work lost days, and a better quality of life.

*Nesreen Suwan, MD is a triple Board Certified Loyola-Trained Neurologist, Certified in Neurology, Electro diagnostic Medicine, and Pain Medicine with additional certification in Headache Medicine. Dr. Suwan has many offices around the Chicagoland area including: Chicago, Hinsdale, and Lisle. For more information, call (630) 420-8080 or visit <http://con-trolchicagopain.com>*

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