

## **Fibromyalgia: Using Current Concepts in Fibromyalgia Pathophysiology for More Effective Treatment**

Post-conference Workshop

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Faculty:

Ginevra Liptan

Most providers treating fibromyalgia recognise that the current standard treatment approach of exercise and medications such as pregabalin or duloxetine is only moderately effective at best. This is because they are not addressing some key aspects of fibromyalgia pathophysiology, including sympathetic nervous system hyperactivity, disturbed sleep, myofascial tension, food sensitivities, brain glial cell activation, inflammation and hormonal abnormalities. This may sound like an overwhelming amount of treatment targets, but when addressed in a stepwise, organized approach, it becomes simple to use. A major focus of this treatment approach is training patients on managing their health better.

In this workshop, Dr. Liptan teaches you how to use her evidence-based 4-step treatment approach for better patient outcomes.

### **Step One: Rest**

This foundational step involves giving the body rest from the constant pummeling by a hyperactive stress response by purposefully enlisting a relaxation response and restoring deep sleep.

### **Step Two: Repair**

Once the foundation of Rest is in place, we work on repairing the body's ability to break down and absorb nutrients and softening the fascia and muscles in fibromyalgia that are tight and "stuck."

### **Step Three: Rebalance**

The next step is to Rebalance the imbalance in energy production, hormones, and inflammation caused by a chronic hyperactive stress response.

### **Step Four: Reduce**

The final step of fibromyalgia treatment is to reduce remaining pain, fatigue, or fibro fog by treating those symptoms with targeted medications and therapies.

### Learning objectives

- Describe the role of the sympathetic nervous system in fibromyalgia pathology
- Determine the best approaches to manage pain in fibromyalgia
- Explain self-care techniques to teach patients how to reduce their symptoms
- Evaluate off-label medication options for fibromyalgia symptom reduction

### **About Our Speaker:**

#### Ginevra Liptan

Ginevra Liptan, MD is a graduate of Tufts University School of Medicine, board-certified in internal medicine and trained in functional medicine. A fibromyalgia specialist, she is the Medical Director at The Frida Center for Fibromyalgia, Portland, Oregon, USA. She developed fibromyalgia as a medical student and spent many years using herself as a guinea pig to find successful treatments. Ginevra is one of the few specialists in the world focusing exclusively on fibromyalgia and has fine-tuned her integrative approach to treating thousands of patients. Dr Liptan is the author of *The FibroManual: A Complete Fibromyalgia Treatment Guide for You and Your Doctor*.