

## **Fibromyalgia: Latest advances/mechanisms and management**

Faculty:

Cormac Ryan

Deepak Ravindran

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Hannah Malyon

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Fibromyalgia roughly affects 5% of the population in many developed countries. With its impact on all ages and increasing prevalence and diagnosis, it places a huge burden on not just the patient but also the family and society regarding work output and productivity. It is a complex condition affecting a person's sensory processing system and has significant morbidity. It is characterised by widespread musculoskeletal pain, anxiety, fatigue, cognitive dysfunction, and sleep disruption. It is now being defined as a prototypical chronic primary pain with nociplastic pain mechanisms being postulated. Multiple lines of research are ongoing, with studies pointing to the increasing role of the microbiome and, more recently, the immune system in a subset of patients. This symposium will provide an overview of the latest advances in the understanding and management of this complex, often debilitating and stigmatising condition.

Topics Covered:

- Fibromyalgia – the basics and the New IASP Guidelines
- The understanding of chronic primary pain and its relevance for further research
- Mechanisms and Management of FM – an Overview

Learning Objectives

By the end of the session, the attendees will have understood the following:

1. Newer advances in Fibromyalgia – mechanisms
2. Strategies for supporting the patient with FM

### **About Our Speakers:**

#### **1. Cormac Ryan (UK)**

Cormac is a Professor of Clinical Rehabilitation at Teesside University, UK. He has a BSc in Sports and Exercise Science, an MSc in Physiotherapy, and a PhD in pain management. He is co-lead of PETAL (Pain Education Team Aspiring Better Learning), an international collaboration aiming to facilitate better public understanding of current thought on 'how pain works' ([www.petalcollaboration.org](http://www.petalcollaboration.org)). Cormac has contributed to guidelines/standards for organisations, including the British Pain Society and the Faculty of Pain Medicine. He is the

Community Pain Champion for Flippin' Pain™, a UK-wide public health campaign to improve public understanding of pain ([www.flippinpain.co.uk](http://www.flippinpain.co.uk)).

## 2. Deepak Ravindran (UK)

Deepak is a full-time NHS consultant in the UK and is a Fellow of the Faculty of Pain Medicine at RCOA and the Deputy Editor for ePain – the digital platform of NHS England. He is a Hon Professor at Teesside University and is board certified in Lifestyle Medicine and MSK Medicine. He helped set up an award-winning NHS service for Pain and Long Covid. He lectures nationally and internationally on various aspects of trauma-informed Pain practice and is the author of the Amazon Best Seller – The Pain Free Mindset, published in 2021. He also serves on the clinical advisory board for Pain related Digital start-ups and is the Chief Medical Officer for Boutros Bear.

## 3. Dr. Ginevra Liptan (USA)

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.

## 4. Hannah Malyon

Lead Long Covid Physiotherapist at Berkshire Long Covid Integrated Service, Berkshire (UK), Hannah Malyon graduated in 2016 from Oxford Brookes University with BSc in Physiotherapy. She has worked across inpatient, outpatient and community settings covering several specialities and conditions. She joined the long covid team in 2021 after working in acute respiratory care for 3 years. Her specialist interests include respiratory medicine, pain management and rehabilitation for long-term conditions.

## 5. Sophie Stockbridge

Lead Occupational Therapist at Berkshire Long Covid Integrated Service, Berkshire (UK), Sophie Stockbridge completed her BSc Hons Occupational Therapy at Oxford Brookes University. After graduating in 2016, she has gained a variety of Occupational Therapy experience by working across multiple different fields, including acute mental health, adult social care, community paediatrics, community adult mental health, community neuro, acute adolescent mental health, the community falls team, community rapid response and Long

Covid. Sophie joined the Long Covid team in October 2022.