

LIVING WITH FIBROMYALGIA

People with Fibromyalgia face many hurdles. It's often misunderstood, mislabeled and sometimes misdiagnosed.

WHAT IS FIBROMYALGIA?

Fibromyalgia is a form of soft-tissue or muscular rheumatism that has an increased frequency among women 20 to 50 years old. An estimated three million Americans live with this illness, which is considered to be a disease of the central nervous system.

Fibromyalgia is a complex condition that can be linked to more than one cause, such as accident, illness, or trauma. Symptoms may also occur for no obvious reason. Those affected by Fibromyalgia may become inactive, depressed, and anxious about their health, further aggravating the disorder.

INDIVIDUALIZED TREATMENT

Our therapists carefully consider each patient's medical history and individual needs in the treatment process.

Sitrin.

Finding new opportunities to make a difference for our residents, patients, employees, and community since 1951.

The Help. Sitrin's mission is to provide patients, residents, and their families with the help they need to live well.

The Hope. Sitrin's advanced care and treatment offers hope and positive results for those recovering from medical conditions, procedures, or injuries.

The Healing. Sitrin's advanced treatment programs and highly trained staff promote the healing of body and spirit for every individual under our care.

Inpatient Care

Short-Term Rehabilitation
Long-Term Skilled Nursing Care
Residential Services

Outpatient Care

Specialty Physician Clinics
Psychology
Physical Therapy
Occupational Therapy
Speech-Language Pathology
Dentistry

Community Programs

Adaptive Sports
Child Care
Residential Options
Mobile Dental Clinic
Wellness Programs

SITRIN

The Help. The Hope. The Healing.

2050 Tilden Avenue P.O. Box 1000
New Hartford, NY 13413
(315) 797-8000 www.sitrin.com

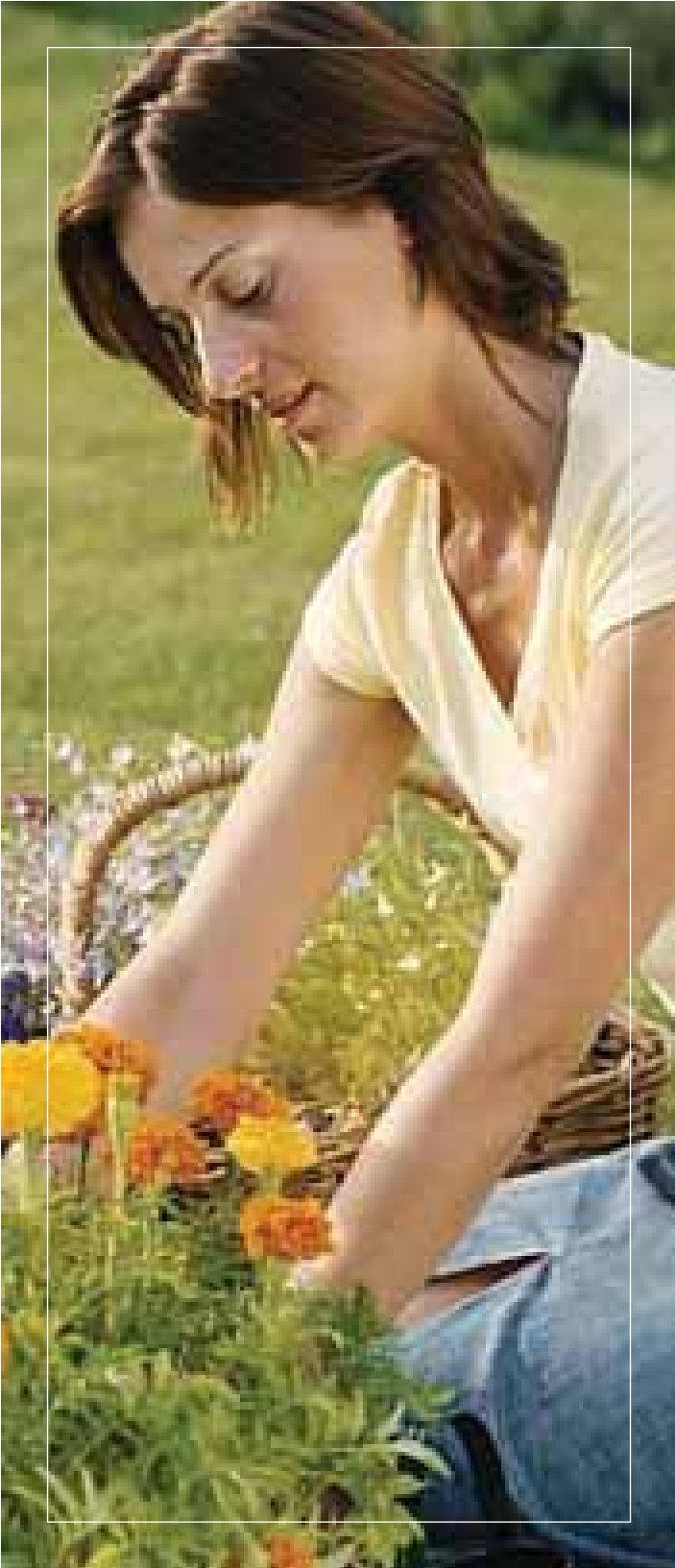
In accordance with federal law, affiliates of the Sitrin Network of Homes & Services, Inc., admit, retain and provide care for participants and residents, if eligible, without regard to age, disability, gender, national origin, physical characteristics, religious preference, race or sexual orientation.

Fibromyalgia



SITRIN

The Help. The Hope. The Healing.



THE SITRIN ADVANTAGE

TEAM APPROACH

At Sitrin, we use a team approach, including our expert physician specializing in the care of persons with Fibromyalgia, as well as a physical therapist, occupational therapist, and psychologist. Our goal is to assist the patient in increasing his or her ability to function at home, at work, and when taking part in recreational activities.

RESEARCH

Sitrin is conducting significant research on the treatment of Fibromyalgia. A team of Sitrin clinicians and other experts has developed a new treatment method that combines physical therapy, occupational therapy and counseling, with very positive results. The research team has presented their findings to other professionals, most recently in Washington, D.C. The findings from this study have led to more effective methods of treating Fibromyalgia, and will benefit those living with this diagnosis at Sitrin and worldwide.

HOW FIBROMYALGIA IS TREATED AT SITRIN

Sitrin offers a multidisciplinary Fibromyalgia Pathway Program that involves the following treatments, as well as medications prescribed by your physician.

Note: A physician referral is required to participate in this program.

OUR FIBROMYALGIA PATHWAY PROGRAM COMBINES:

- **Occupational Therapy**, which helps patients control pain so that they may resume daily activities and get back to enjoying life. Therapists use a safe, non-drug, non-invasive intervention that focuses on diaphragmatic breathing and relaxation training. Through the use of sensitive instruments that monitor respiration and muscle tension, patients learn control techniques that reduce some of the pain associated with Fibromyalgia.
- **Physical Therapy**, which emphasizes the patient's return to normal activity. This is accomplished through education, such as proper lifting techniques,

self-management of symptoms, and an exercise program tailored to meet individual needs. Exercises may include cardiovascular conditioning (walking, biking) and aquatics to increase strength. Sitrin therapists help program participants develop strategies that allow them to continue their exercise routine upon discharge from this program.

- **Psychological support services** for those who develop depression and anxiety as a result of Fibromyalgia. Stress produced by the disability associated with this condition contributes to Fibromyalgia pain, as does the stress of everyday living. A psychologist can work with individuals to identify and manage their stressors, helping them to reduce anxiety and depression. These services are available as part of our comprehensive treatment program.

To reap the greatest benefit from the Fibromyalgia Pathway Program, a patient should commit to:

- Attending therapy sessions regularly
- Engaging in the assigned exercises
- Taking medications as prescribed
- Understanding that the pain can be managed, but not necessarily eliminated
- Letting your physician and therapist know what is working and what is not working for you

TO LEARN MORE

For more information about Sitrin's Fibromyalgia Pathway Program, call **(315) 797-8000**.

