

**This page is dedicated to September, Pain Awareness Month (2011)**

A public awareness campaign about chronic pain is underway on Facebook, sponsored by the American Pain Foundation (APF). The Foundation is hoping to secure a presidential proclamation designating September as “National Pain Awareness Month.” In honor of their endeavor, Massachusetts CFIDS/ ME & FM Association has created a new section in our Resource Library specifically designated for articles and information related to chronic pain. New items on this topic will be added in the weeks and months ahead.

Here are some of the resources:

- [Books about Pain and Pain Management](#)  
Learn more about what might be causing some of your pain and therapies or techniques recommended by physicians for each type of pain
- [Pharmacological therapies approved for Fibromyalgia](#)  
Review of medications approved by Food Drug Administration (FDA) specifically for the treatment of fibromyalgia
- [Comprehensive Treatment of Fibromyalgia](#)  
Advice from an internationally known FM specialist, Robert Bennett M.D., FRCP
- [Treatments: Conventional Medicine](#)  
Summary of conventional treatments, for pain, and other symptoms plus numerous resources

If you suffer pain from fibromyalgia, request that your physician acquire a copy of recently published article in *Journal of Rheumatology*, July 15, 2011;38(7) which may promote more realistic expectations about FM, including pain:

[A study of 1555 FM Patients provides valuable insight on longitudinal outcome of FM.](#)