

Hawaii Fibromyalgia Summit Presentation
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Part 1. Dr. Congdon's personal fibromyalgia story

- Slowly worsening symptoms
- Meeting Dr. R. Paul St. Amand
- What is fibromyalgia?
- How is fibromyalgia diagnosed?
- What are "nodules" and why are they important?
- Treatments for fibromyalgia
- The guaifenesin protocol
- Why Dr. Bennett's 1995 study comparing guaifenesin to placebo was flawed

Part 2. Dr. Congdon's experience as a fibromyalgia consultant

- How I know fibromyalgia is real
 - University of Cincinnati genetic study
 - Research on the brain and nervous system
 - This means 1) fibromyalgia is not your "fault" 2) you do not "just need to relax" 3) symptoms that vary is a normal part of fibromyalgia
 - I have nodules and you have nodules—why Dr. St. Amand's finding that all fibromyalgia patients have nodules of their left anterior thigh is so important
- Fibromyalgia is common
- Some healthcare professionals do not like taking care of fibromyalgia patients
- Some pediatric specialists prefer not to tell children that they have fibromyalgia
- Resistance to the guaifenesin protocol
- How I know the guaifenesin protocol works
 - City of Hope study results
 - I feel my own nodules decreasing as my symptoms decrease
 - I feel my patient's nodules decreasing as their symptoms decrease
 - Body workers/chiropractor's experience with the guaifenesin protocol
 - Pediatric patient's experience on the guaifenesin protocol

Part 3. A virtual new patient appointment with Dr. Congdon: "the fibromyalgia consultant will see you now"

- How I diagnose fibromyalgia
- How I determine if you have carbohydrate intolerance
- How I develop a personalized treatment plan for your fibromyalgia recovery
- The 3 "game changers" for fibromyalgia recovery
 - getting consistent aerobic exercise

- eating foods that help you feel well
- the guaifenesin protocol

Part 4. Helpful tips for making progress on the guaifenesin protocol

- How to learn what you need to know about the guaifenesin protocol
- Choose the type of guaifenesin you would like to take—the 3 forms of long acting guaifenesin (Marina del Rey/Fibropharmacy 300mg and 600mg capsules, Perrigo generic Mucinex, Mucinex) The blue dye effect
- Finding salicylate free products
- Keep a symptom journal and get mapped if you are able to
- What to expect if you are a “low dose fast responder”
- How to successfully avoid blocking with salicylates
- How to successfully stick to the HG diet
- Take care of yourself
- Don’t let yourself get dehydrated
- Remember to breathe and other mind body techniques
- Get the support you need
- The “ultimate night time routine” for getting more restful sleep
- Feed your body and soul (you are not your illness)
- Keep yourself motivated
- Stay balanced

Part 5. Common Questions

- When is the best time to start the guaifenesin protocol?
- How can I still be functional during the hardest cycling times?
- How long does the reversal process take?
- Should I stop my prescription medications and supplements before starting the protocol?
- What happens if I need to take Aspirin or another salicylate containing compound every other day?
- Do all of my nodules have to be gone in order for me to feel better?
- What does cycling feel like?
- Levels of activity when cycling
- Travel tips
- Current research
- Current prescription medications and how they could help/hurt
- How to help more people be open to the guaifenesin protocol

We have found a successful protocol—fibromyalgia is real—fibromyalgia pain is real—there is hope for everyone with fibromyalgia to feel better

Bibliography—Research studies on fibromyalgia

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