

The Fibromyalgia & Fatigue Centers, Inc. announces the addition of its newest center. The Raleigh center is located at 2431 Spring Forest Road, Suite #111. Dr. Joanne Pizzino will serve as director of Fibromyalgia & Fatigue Centers Raleigh.

As part of its grand opening, Dr. Pizzino is offering a free 30 minute consultation. During this evaluation patients will speak privately with Dr. Pizzino about personal health challenges, treatment goals and options currently available to create a personalized "Roadmap for Recovery." The center is open Wednesdays only from 8:00 a.m. to 6:00 p.m.

Below is more information for your review. Please let me know your interest in speaking with Dr. Pizzino directly. Thank you for your consideration.

#### **FOR IMMEDIATE RELEASE:**

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### **WHEN DID "TIRED" BECOME AN ILLNESS? Chronic Fatigue Syndrome Thought to Affect Nearly 7 Million Americans**

RALEIGH (July 6, 2009) – Working a full-time job, chauffeuring kids with school and sports activities, household duties, grocery shopping -- and more. It's a slice of life for many Americans and reasons enough to be tired.

But when does tired become "chronic fatigue" and require medical attention?

Chronic Fatigue and Immune Dysfunction Syndrome (CFIDS) is a complex disease involving multi-system disturbances and abnormalities including substantial impairment in short-term memory or concentration; sore throat; tender lymph nodes; muscle pain; multi-joint pain without swelling or redness; headaches of a new type, pattern or severity; unrefreshing sleep; and post-exertional malaise lasting more than 24 hours.

The problem is thought to be so potentially great that a Centers for Disease Control (CDC) study showed chronic fatigue is actually six to 10 times more common than previously suspected.

Dr. Joanne Pizzino, a specialist treating chronic fatigue and the related illness fibromyalgia, says people should pay attention to what's happening with their bodies.

"Many will hear the symptoms and say 'that sounds like me,'" said Pizzino. "Sadly, they will be absolutely right yet do nothing about it. In this country alone, an estimated four to

seven million are afflicted and diagnosed with CFIDS, but it's actually estimated that as many as 15 million Americans have fatigue-related issues that go undiagnosed and therefore untreated.

"People's lives are busy and they're constantly on the move so being tired seems like a natural result. Sometimes it's just being tired from lack of sleep or having a stressful week – people shouldn't automatically think they have chronic fatigue. But by the same token, they should pay attention to what's going on and ask questions if they sense something is wrong."

Patients diagnosed with CFIDS have severe chronic fatigue lasting six months or longer and display four or more of the following symptoms:

- Unexplained extreme fatigue
- Decreased ability to perform work or educational, social or personal activities due to fatigue
- Unrefreshed sleep
- Difficulty with concentration or short term memory
- Headaches unlike those previously experienced
- Chronic or frequent sore throat
- Muscle pain
- Joint pain unrelated to injury or trauma
- Tender lymph nodes
- Chronic low-grade fever

Research is ongoing, but it is believed there are four major contributing factors to CFIDS: low thyroid levels, adrenal exhaustion, undiagnosed chronic infections and underlying mitochondrial dysfunction.

For many people, symptoms of CFIDS emerge following the experience of a dramatic event, physical or emotional, or a stressful period in their lives. Studies have found that underlying infections or imbalances may also come to light during these periods. Although diagnosis may be difficult with a vast number of other diseases and illnesses having similar contributing factors, parameters have now been established for earlier identification and intervention.

Past treatment regimens have focused primarily on bed rest, antidepressant medications and the need to "learn to live" with the symptoms. However, as more is discovered about the illness, so too are advances made in the types of successful treatments.

"Treatment requires an extensive knowledge of the specialized field and focus on the symptoms," said Pizzino. "Tremendous advances have been made in the understanding and treatment of this disease. Successful treatment requires a comprehensive approach, determination by the patient and support by those in their lives."

Fibromyalgia & Fatigue Centers, Inc. develops, operates and manages 14 outpatient "Centers of Excellence" in the U.S. for the treatment and ongoing care of people diagnosed with Fibromyalgia, Chronic Fatigue & Immune Dysfunction Syndrome, and Unrelenting Fatigue. Centers are currently open in Atlanta, Baltimore, Cleveland, Dallas, Denver, Detroit, Fort Worth, Las Vegas, Norwalk, Philadelphia, Pittsburgh, Portland, Raleigh, and Seattle. Additional centers will open this summer in Phoenix and Tampa. For more information, please visit [www.fibroandfatigue.com](http://www.fibroandfatigue.com) or call (866) 443-4276.

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