

Dear Physician,



We invite you to learn the latest news and practices for patients battling Fibromyalgia and Chronic Fatigue Syndrome.

The attached package is our first effort to help you, so we're inviting your comments. We invite you to refer your patients to our patient group network, to assemble with their more than thirty thousand peers in Ottawa. Please help us connect with community leaders.

David Mann  
Chairman  
FM-CFS Canada  
(613) 565.2423 / hope@fm-cfs.ca  
Charitable Reg. No. 89241 7742 RR0001

The Ontario Trillium Foundation has generously provided a grant to FM-CFS Canada to educate physicians, patients and the Ottawa public about Fibromyalgia and Chronic Fatigue Syndrome.

THE ONTARIO  
TRILLIUM  
FOUNDATION



LA FONDATION  
TRILLIUM  
DE L'ONTARIO



I support the FM-CFS Canada initiative to educate physicians. The neuropathic pain of Fibromyalgia and Chronic Fatigue Syndrome afflict more than one million Canadians, more than 40,000 in Ottawa. Beyond the good news on pain, the research on CFS is also promising. Join us in sharing the lessons learned, connect with FM-CFS Canada.

Dr. Linda Wynne, Director, Ottawa Hospital Chronic Pain Unit

Our understanding of these problems is rudimentary, yet the financial toll on the medical system and the economy is enormous. In the immediate future, as we unravel the etiology and develop specific diagnostic tools and appropriate treatments, our priorities should be awareness, compassion, and quality care.

Dr. Robert Cushman, CEO, Champlain Regional Health Integration Network

---

**The FMS & ME/CFS Overviews, enclosed.**

The Canadian Consensus Documents for ME/CFS and FMS, which were the fruition of many years of lobbying by the National ME/FM Action Network, were written by International Expert Consensus Panels selected by Health Canada. The Canadian Consensus Documents have received excellent international reviews.

FM-CFS Canada recognized that short Overviews of the Consensus Documents may be of further assistance to busy medical practitioners. In response to the request from FM-CFS Canada, Dr. Bruce Carruthers, principal author of the ME/CFS Consensus Document and Co-editor of the FMS Consensus Document, and Marjorie van de Sande, Consensus Coordinator for both the ME/CFS and FMS Consensus Documents, kindly wrote such Overviews. These Overviews are follow-ups of the Canadian Consensus Documents and have been reviewed by the Expert Consensus Panels. In order to ensure that the integrity of the Consensus Documents and the Overviews is maintained, Dr. Carruthers and Ms. van de Sande wrote and published the Overviews independent of any organization.

## Canadian Discovery! Neuropathic Pain Explained



"This is an important discovery for the millions of Canadians who suffer from debilitating chronic pain that cannot currently be treated. The cost to society is equally devastating and is estimated in the billions of dollars annually," says the Honourable Michael H. Wilson, Chair of NeuroScience Canada, a national umbrella organization for neuroscience research, whose Brain Repair Program helped support this research. "With the work of Drs. Salter and De Koninck, we can now focus the research on developing drugs that will target the class of cells responsible for chronic pain.

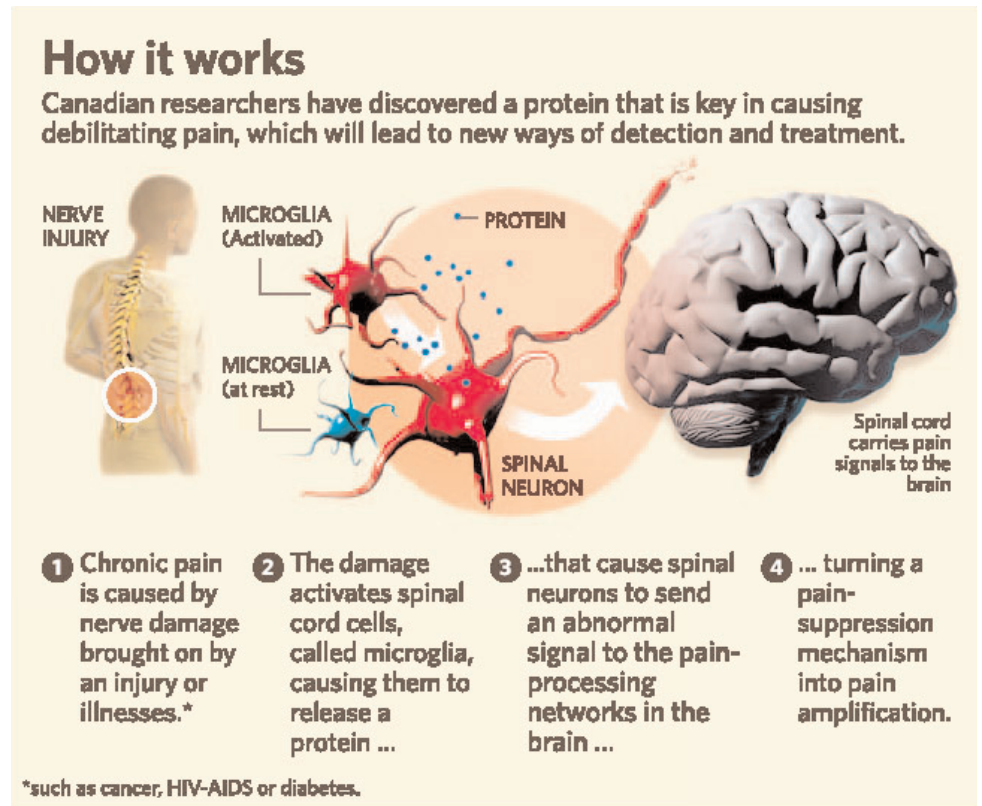
This represents an important shift that could soon provide patients with effective treatments and allow them to be active again in our society."

Source: [www.neurosciencecanada.ca](http://www.neurosciencecanada.ca)

### Ottawa Conference

**Dr. Jon Russell**  
International FM expert  
Sunday, May 21st.

Visit [www.FM-CFS.ca](http://www.FM-CFS.ca)  
for details, please join us  
to learn more!



SOURCE: NeuroScience Canada

TONIA COWAN/TORONTO STAR GRAPHIC

(Reproduced with permission and FM-CFS Canada's thanks to Torstar Syndication Services)

### Ottawa's Local Patient Support Groups

All groups support both FM & ME patients. Positive and constructive monthly meetings share knowledge, build friendships and support networks, and help the community act together.

For more information, visit the 'Support Groups' page at [www.fm-cfs.ca](http://www.fm-cfs.ca) or call 565-2423 for the latest contact information for the groups.

Lanark County (based in Carleton Place)  
FM Support Ottawa West (Kanata)  
Ottawa FM Support (Nepean)  
M.E.S.H. (Ottawa Centre)  
East Ottawa FM & CFS (Orleans)  
Franco-Fibro (Casselman)  
Rockland FM/CFS/ME Support Group

FM-CFS Canada's public education campaign is supported by CJOH

