



Advocates for Fibromyalgia Funding, Treatment, Education and Research  
A Not-For-Profit 501(c)(3) Organization

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## **Helpful Resources**

### **General Medical Information**

[www.affter.org](http://www.affter.org)

AFFTER (Advocates for Fibromyalgia Funding, Treatment, Education and Research) is a non-profit 501(c)3 organization run by volunteers, most of whom have fibromyalgia. The website is full of useful information on treatment, research and support for fibromyalgia sufferers.

[www.nlm.nih.gov/medlineplus/fibromyalgia.html](http://www.nlm.nih.gov/medlineplus/fibromyalgia.html)

MedlinePlus is the National Institutes of Health's Web site produced by the National Library of Medicine. It brings you information in language you can understand. MedlinePlus offers reliable, up-to-date health information for free. You can use MedlinePlus to learn about the latest treatments, look up information on a drug or supplement, find the meanings of medical words, or view medical videos or illustrations. You can also get links to the latest medical research on your topic or find out about clinical trials on a disease or condition.

[www.niams.nih.gov](http://www.niams.nih.gov)

The National Institute of Arthritis and Musculoskeletal and Skin Diseases supports research into the causes, treatment, and prevention of arthritis and musculoskeletal and skin diseases; the training of basic and clinical scientists to carry out this research; and the dissemination of information on research progress in these diseases. This website offers information on diagnosis, education, clinical studies, and treatment of fibromyalgia and other musculoskeletal disorders.

[www.myalgia.com](http://www.myalgia.com)

This is a non-commercial website that provides information on fibromyalgia with extensive connections to other sources of information. This website is maintained by clinicians and researchers at Oregon Health & Science University in Portland, Oregon, USA and invited specialists from other locations.

[www.co-cure.org](http://www.co-cure.org)

The name "Co-Cure" stands for "Co-operate and Communicate for a Cure." The patient-run information exchange has been established with the goal of furthering co-operative efforts towards finding the cure for the illness(es) commonly referred to as Chronic Fatigue Syndrome (CFS) and Fibromyalgia (FM).

[www.nfra.net](http://www.nfra.net)

The National Fibromyalgia Research Association is a source for fibromyalgia research and education. On this site you will find fibromyalgia diagnostic criteria and an Informational Guide. Learn about available resources to help you gain control of this condition including: Exercise videos, patient organizations, newsletters, upcoming FMS events and other web page links

### **Prescription Assistance Programs**

\*[www.pparx.org](http://www.pparx.org) (888) 477-2669

The Partnership for Prescription Assistance (PPA) helps qualifying patients without prescription drug coverage get the medicines they need for free or nearly free. The PPA website offers a single point of information on

475+ public and private patient insurance programs. The pharmaceutical industry provides information about over 150 programs that can save you money on medicines. The PPA educational effort is supported by America's pharmaceutical research companies working with doctors, pharmacists, healthcare providers, patient advocacy organizations, and community groups across the USA.

[www.rxassist.org](http://www.rxassist.org)

RxAssist can help you learn about ways to use pharmaceutical company programs and other resources to help reduce your medication costs.

[www.freemedicinefoundation.com](http://www.freemedicinefoundation.com)

It is the mission of the Free Medicine Foundation to bring together pharmaceutical companies, doctors, health care providers, hospitals, social services offices, government social service offices, patient advocacy organizations and community groups to help qualifying patients get the medicines they cannot afford through public or private programs. Their volunteers are driven to increase awareness and help patients access prescription programs providing free and low cost medicine to those in need in all 50 states, Puerto Rico and the U.S. Virgin Islands.

[www.needymeds.com](http://www.needymeds.com)

NeedyMeds is a 501(c)(3) non-profit information resource devoted to helping people in need find assistance programs to help them afford their medications.

## **Scientific and Professional Organizations**

\*[www.myopain.org](http://www.myopain.org)

The International MYOPAIN Society is a membership organization that hosts an international meeting every three years where researchers and health care professionals can exchange information about current research of soft tissue related disorders.

[www.haworthpress.com](http://www.haworthpress.com)

This is the publisher of the renowned Journal of Musculoskeletal Pain and the Journal of Chronic Fatigue. These journals summarize the research presented at the Myopain Scientific Meetings as well as other current research. (Also Informa Healthcare Publishing)

[www.clinicalstudyresults.org](http://www.clinicalstudyresults.org)

This is a central, widely accessible, web-based repository for clinical study results in a reader-friendly, standardized format. This database serves the valuable function of making clinical trial results for many marketed pharmaceuticals more transparent. More importantly, it is designed as a key tool to provide information to practicing physicians and their patients.

[www.aps.org](http://www.aps.org)

American Pain Society hosts scientific meetings to improve the understanding of the pathophysiologic and psychological aspects of pain. This organization provides reports of recent advances in pain management and pain treatment advocacy.

[www.rheumatology.org](http://www.rheumatology.org)

The American College of Rheumatology's mission is advancing rheumatology. The organization is for physicians, health professionals, and scientists that meet's the mission through programs of education, research, advocacy and practice support.

## **Support**

[www.healthcentral.com/chronicpain](http://www.healthcentral.com/chronicpain)

At Health Central we believe that health is more than just medicine - it's about living the best way you can and helping others do the same. Share your story and join a larger conversation between experts, patients, caregivers and other individuals.

[www.menwithfibro.com](http://www.menwithfibro.com)

The site was created for men with fibromyalgia, as a home away from home for all men with fibromyalgia. And for those who happen to have a man with fibro in their lives. The site is **not** exclusively a male only website, but one must bear in mind, it is dedicated to the issue of men with fibro. Women are more than welcome.

[www.fibromyalgia-support.net](http://www.fibromyalgia-support.net)

Free, Unbiased Sources of Information for Fibromyalgia sufferers. Fibromyalgia Support Net is a web portal site that sets out to make finding information about Fibromyalgia quick and easy.

**AFFTER ON-LINE GROUPS** – find information, resources and support:

<http://groups.yahoo.com/group/affter/join> - Interactive, members-only, on-line support group

<http://groups.yahoo.com/group/AFFTERMedicalNews/join> - Provides educational materials from credible sources and useful resources to help you cope

<https://www.facebook.com/pages/Fibromyalgia-Education-and-Research-AFFTER/354444374140>

## **Find a Provider**

[www.aapainmanage.org](http://www.aapainmanage.org)

The American Academy of Pain Management brings together the many professionals who work with people in pain and hosts scientific meetings to share data. There are resources to help locate pain management providers.

[www.ratemds.com](http://www.ratemds.com)

This is a website where patients rate their doctors. Each doctor has an average rating along with a report from the last person who rated them.

## **Keeping Track of Medical Records**

[www.ahrq.gov/video/personalrecord/indivrecord.html](http://www.ahrq.gov/video/personalrecord/indivrecord.html)

This video provides experts, including the Director of the Agency for Healthcare Research and Quality, discussing how to create a personal medical record, including what information you should include, who should have access to it, and new technologies that may help you create and store your information.

[www.myphr.com](http://www.myphr.com)

Create a Personal Health Record at The American Health Information Management Association. The AHIMA is a national non-profit professional association, founded in 1928, dedicated to the effective management of personal health information needed to deliver quality healthcare to the public.

## **Other Resources for Education and Employment**

[www.hhs.gov](http://www.hhs.gov)

The Department of Health and Human Services (HHS) is the United States government's principal agency for protecting the health of all Americans and providing essential human services, especially for those who are least able to help themselves.

[www.askjan.org](http://www.askjan.org)

The Job Accommodation Network (JAN) is the leading source of free, expert, and confidential guidance on workplace accommodations and disability employment issues. Working toward practical solutions that benefit both employer and employee, JAN helps people with disabilities enhance their employability, and shows employers how to capitalize on the value and talent that people with disabilities add to the workplace

[www.rabinsslaw.com/CM/Articles/SSDFibromyalgia.asp](http://www.rabinsslaw.com/CM/Articles/SSDFibromyalgia.asp)

Establishing "Disability" for Claimants with Fibromyalgia and Chronic Fatigue Syndrome. "This article will explain and simplify, in general terms, the requirements of the Social Security disability program, and describe the application and appeals process." You can obtain a hard copy of this article by contacting: Jeffrey Rabin & Assoc., Ltd.; 640 Pearson St., Des Plaines, IL. 60016; (847) 299-0008

[www.dol.gov/odep](http://www.dol.gov/odep)

The U.S. Department of Labor Office of Disability Employment Policy is an agency that provides national leadership to increase employment opportunities for adults and youth with disabilities while striving to eliminate barriers to employment. You can also contact them at: 200 Constitution Ave., NW, Room-S1303, Washington, D.C., 20210 or call (202) 693-7880, TTY-(202) 693-7881, FAX-(202) 693-7888, or [email-infoODEP@dol.gov](mailto:infoODEP@dol.gov)

**DONATE TO AFFTER**

Help us make research happen! All contributions to AFFTER are tax deductible and depended upon for us to operate. We are a frugal organization made up of volunteers who are passionate about our mission to help people with FMS and related illnesses. Please consider making a donation to help us:

- Coordinate charitable events to raise funds for research grants as well as conduct some of our own studies (<http://www.affter.org/research.htm>)
- Advocate and create awareness for fibromyalgia; provide materials to those who want to join the effort
- Provide ongoing support, educational materials and resources to help you cope
- Facilitate on-line news groups and Facebook pages to help connect, support and educate people from around the globe. Links to join these groups can be found on our homepage [www.AFFTER.org](http://www.AFFTER.org)

**DONATION FORM**

Complete this form and keep top portion for your records.

**Receipt of Donation to AFFTER** - a non-profit 501(c)(3) organization.

Date: \_\_\_\_\_ Donation given by: \_\_\_\_\_ In the amount of: \$ \_\_\_\_\_  
 (cut here) *(keep this portion as your receipt)* (cut here)

**Mail your payment (checks payable to AFFTER) with this form to:  
AFFTER**

Advocates for Fibromyalgia Funding, Treatment, Education and Research  
PO Box 768, Libertyville, IL 60048-0768

Name \_\_\_\_\_  \$25  \$100  
 Street Address \_\_\_\_\_  \$30  \$500+  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  \$50  
 \*E-Mail \_\_\_\_\_ Amount enclosed \$ \_\_\_\_\_

**\*\*GIFT CONTRIBUTION**

*- Make a donation in someone else's name – Show them you support them and their cause!*

Gift Recipients Name \_\_\_\_\_  \$25  \$100  
 Street Address \_\_\_\_\_  \$30  \$500+  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  \$50  
 \*E-Mail \_\_\_\_\_ Amount enclosed: \$ \_\_\_\_\_

*\*Please PRINT your email address to join our mailing list...Receive informative medical news, research updates, notice of newly discovered resources, press releases, etc.*

**\*\*Gift donations** – a letter will be sent to the recipient to acknowledge your contribution on their behalf.