



FOR IMMEDIATE RELEASE

## **Fibromyalgia: How to best diagnose and treat.**

### **Community Talk at Twin Cities Pain Clinic**

(Edina, MN) September 12, 2011 - Twin Cities Pain Clinic will hold its next monthly community talk on **Tuesday, September 27 at 7:00 p.m.** in its new location, 7235 Ohms Lane, Edina, Minnesota. ([www.twincitiespainclinic.com](http://www.twincitiespainclinic.com)). ***“Improving quality of life with Fibromyalgia,”*** will be the featured topic presented by Nurse Practitioner Nancy Cleveland. The 30 minute talk will be followed by a Q & A period and a tour of the new facility. Refreshments will be served.

People with fibromyalgia *can* improve how they feel. “This may seem out of reach when you’re feeling hopeless and depressed, but it’s true,” said Twin Cities Pain Clinic Nurse Practitioner Nancy Cleveland. The first step is to rule out other more life-threatening diseases because the symptoms can be similar to so many other illnesses.

Here are a few fast facts on Fibromyalgia:

- Fibromyalgia affects around 2% of the population in the United States.
- This disorder might be hereditary, or run in families.
- More women than men have fibromyalgia
- Increased sensitivity to pain is the main symptom of fibromyalgia

Twin Cities Pain Clinic is located just off Highway 100 and 70<sup>th</sup> Street, at 7235 Ohms Lane, Edina. Printable directions are on the website.

[www.twincitiespainclinic.com](http://www.twincitiespainclinic.com). For more information, call 952-841-2345.