

## **SAMPLE: ANN ARBOR**

### **Chronic Pain and Fatigue Research <<http://www.med.umich.edu/painresearch/>>**

University of MI Health System - web pages excerpts

#### **HOME**

A multi-disciplinary center committed to the better recognition, understanding and management of disorders distinguished by symptoms of chronic pain and fatigue.

The Chronic Pain and Fatigue Research Center brings together nationally renowned clinicians and investigators dedicated to the research and mechanisms of Chronic Multi-symptom Illnesses (CMI), such as Fibromyalgia (FM) and Chronic Fatigue Syndrome (CFS). The Center uses a multidisciplinary approach to examine the role that central nervous system dysfunction plays in chronic pain and fatigue syndromes.

#### **About Our Research**

Most CPFRC studies investigate the mechanisms of fibromyalgia and other chronic multi-symptom illnesses. These studies will hopefully result in discoveries that will aid in a better understanding of fibromyalgia (and other chronic multi-symptom illnesses) AND improved treatment interventions in the future.

We thus do not encourage patients to participate in research primarily in hopes of obtaining treatment and/or relief of symptoms. Even in the event that a study does involve a treatment modality, given the nature of research, a potential candidate may be randomly assigned to a 'no- treatment' or control group.

Patients who participate in research frequently describe feelings of satisfaction and accomplishment and an appreciation that their efforts do make a difference.

#### **Who Can Participate in Our Research?**

We typically recruit two (2) types of volunteers for research participation:

- Adults diagnosed with a chronic multi-symptom illness (CMI) such as fibromyalgia, irritable bowel syndrome or TMJ
- Healthy adults who are free of any chronic illnesses/medical conditions and take no prescribed medications. These individuals serve as control subjects

Excluded from either the CMI or Control groups are individuals with a:

- concurrent autoimmune disorder such as rheumatoid arthritis, or lupus
- chronic medical condition such as heart/respiratory disease, diabetes
- history within the last 2 years of psychiatric hospitalization, drug/alcohol abuse, and/or cancer diagnosis

Eligibility for certain studies may also include other exclusion criteria such as use of prescribed medications, body weight, nicotine use, etc.

Given the design of most of our studies, we also recommend that candidates live within a reasonable commuting distance to our research center in Ann Arbor, Michigan . Research participants are not compensated for travel expenses.

Individuals enrolled in research are generally provided with financial compensation for time and effort and should not incur study related costs.

#### **Resource links**

The National Library of Medicine and the National Institutes of Health, Medline Plus Health Information web site on Fibromyalgia - See interactive tutorial - [www.nlm.nih.gov/medlineplus/fibromyalgia.html](http://www.nlm.nih.gov/medlineplus/fibromyalgia.html)

National Fibromyalgia Association	<a href="http://www.fmaware.org">www.fmaware.org</a>
The Oregon Fibromyalgia Foundation	<a href="http://www.myalgia.com">www.myalgia.com</a>
The American Fibromyalgia Syndrome Association, Inc.	<a href="http://www.afsafund.org">www.afsafund.org</a>
National Fibromyalgia Partnership, Inc.	<a href="http://www.fmpartnership.org">www.fmpartnership.org</a>
Fibromyalgia Network	<a href="http://www.fmnetnews.com">www.fmnetnews.com</a>
The Chronic Syndrome Support Association	<a href="http://www.cssa-inc.org">www.cssa-inc.org</a>
The Fibromyalgia Community	<a href="http://www.fmscommunity.org">www.fmscommunity.org</a>
Division of Rheumatology - University of Michigan	<a href="http://www.med.umich.edu/intmed/rheumatology">www.med.umich.edu/intmed/rheumatology</a>
Fibromyalgia Resource Center	<a href="http://www.FMSresource.com">www.FMSresource.com</a>
The Arthritis Foundation	<a href="http://www.arthritis.org">www.arthritis.org</a>