

FOR IMMEDIATE RELEASE

Men's Health Network Launches Online Fibromyalgia Survey Effort
Gauging Awareness, Knowledge, and Interest in Taking Action

Washington, DC (Aug. 18, 2009) – Men's Health Network (MHN) has launched an online survey to gauge awareness, knowledge, and willingness of men take action when faced with the signs and symptoms of fibromyalgia. MHN is collaborating with the American Pain Foundation and National Fibromyalgia Association to encourage men, women, and families nationwide to participate in the survey effort.

An estimated 10 million Americans suffer from this debilitating chronic pain syndrome which impacts women and men physically, mentally and socially. The condition primarily affects women and has long been labeled a "woman's disease". However, men suffer from the condition as both patients and as caregivers for the women and loved ones in their lives.

"This survey will help us understand what men know, or more importantly don't know, about fibromyalgia, its symptoms, and a man's willingness to discuss any pain, discomfort, fatigue, and other signs of the condition with his physician. Men are raised to believe that big boys don't cry. They are told to 'shake it off' and to 'take it like a man.' Showing pain is showing weakness for many men," says Scott Williams, Vice President, Men's Health Network

Male sufferers are often reluctant to admit experiencing severe pain or discomfort, and as a result, may report milder symptoms than they actually have, making it difficult for healthcare providers to accurately diagnose fibromyalgia.

"Fibromyalgia, though very common, is a misunderstood and very under diagnosed disease. It has a reputation of affecting more women than men but I am certain that the disease is far more prevalent in men than is reported in the data. It's a perfect disease to stay under the radar for men since men are saddled with the harmful belief that pain is something to endure and not report," said Will Rowe, Chief Executive Officer, American Pain Foundation.

Fibromyalgia can cause absenteeism and presenteeism issues in the workplace, relationship/family troubles at home, and struggles with pain, fatigue, GI disorders, and headaches, etc.

"The National Fibromyalgia Association welcomes this opportunity to collaborate with Men's Health Network on the survey effort. Although 10 to 20 percent of fibromyalgia patients are males, few scientific studies have been done in this population," said Lynne Matallana, President and Founder, National Fibromyalgia Association.

To learn more and to participate in the online survey please visit:
www.menshealthnetwork.org/fmsurvey.php.

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