Seeing a Fibromyalgia Specialist

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Where to Start Looking for a Fibromyalgia Specialist

If you went to see a doctor about fibromyalgia a decade ago you might have been scoffed at. This condition is taken more seriously today, but you should find a healthcare professional who will be there for you throughout the journey.

Fibromyalgia is a complex condition and may require specialists, along with a primary physician, to help deal with its symptoms. A specialist will help in diagnosing the condition, whereas your primary doctor should be one in whom you can confide when you have any concerns.

What Type of Doctor Can Treat Fibromyalgia?

A primary physician is usually qualified to assess your condition and make a proper diagnosis. Your doctor should be compassionate towards your symptoms; you don't want a doctor who isn't empathetic to your pain and the other issues that come with fibromyalgia.

If your primary doctor cannot support you, you should continue to look for a doctor who will. Once you find the ideal physician, they can make any necessary referrals to other specialists, such as a rheumatologist or neurologist, for example, if you need further treatment.

Pain and Fibromyalgia Specialists

Below is a list of fibromyalgia specialists that a patient may be referred to:

Rheumatologists

These are specialists that diagnose and treat inflammation of the body's tissues, such as arthritis and other diseases of the joints, muscles and bones. Conditions that rheumatologists treat include:

- Fibromyalgia
- Rheumatoid arthritis
- Osteoporosis
- Osteoarthritis
- Tendinitis
- Gout
- Lupus
- Back pain
- Bursitis

Pain Specialists

These specialists are usually board-certified physicians with additional training in pain management that include:

- Anesthesiologists
- Oncologists
- Neurologists
- Psychiatrists
- Physiatrists

Neurologists

Neurologists are able to diagnose and treat disorders of the nervous system. This includes treating common pain problems such as:

- Headaches
- Back pain
- Muscle disorders
- Fibromyalgia
- Neuropathy
- Reflex sympathetic dystrophy (RSD)

Orthopedists

These doctors treat muscle and joint tissues, such as tendons, ligaments and cartilage. They diagnose as well as surgically repair bone injuries. Since many fibromyalgia patients suffer from muscle and joint pain, orthopedists can be helpful for pain remedies related to the areas affected.

Psychologists

Psychologists are useful for fibromyalgia patients. These professionals offer therapy to treat problems associated with depression, anxiety and pain perception.

Questions to Ask

If you are looking for a fibromyalgia doctor, ask the following types of questions that pertain to the condition:

- **Is the doctor involved in any research pertaining to your condition?** If so, they will know your diagnosis and up-to-date developments in this area.
- **Where does the doctor have hospital privileges?** Where is the hospital(s) located? This is important to know with having a chronic health diagnosis, since some doctors won't admit their patients to certain hospitals.
- **Is your insurance accepted by the doctor's office or the hospital they have privileges at?**