



NAME: Jillian

AGE: 40

**REASON TO CONTACTING
BEST DOCTORS**

wanted to know the reason for
constant pain and fatigue

BEST DOCTORS EXPERT SPECIALTY:
Rheumatology

“ Best Doctors has given me
a greater awareness of my
condition, which will help
me make better choices in
terms of lifestyle changes
and in my discussions with
my doctors.

FINALLY FEELING CLEAR ABOUT HER HEALTH

Jillian's symptoms first came on about 7 years ago, when she noticed that she was feeling increasingly tired and was having problems remembering things at work. She then began to feel pain in her joints, aching and pins and needles throughout her body and dry eyes and mouth. Blood tests and imaging results came out normal and she was seen by a rheumatologist, who tentatively diagnosed her with an autoimmune disease and prescribed medication, which had no effect.

Jillian was still holding her job down, but literally felt as if she were dragging herself around all day long. Even simple actions such as holding the telephone receiver could leave her hand aching, and she soon lapsed into a state of nearly constant fatigue and dull, pervasive pain. All she wanted to do was lie down and sleep, but even that was gradually affected. She felt that her life was becoming more and more marked by her condition, and the fact that she was still not sure what was really going on made it doubly frustrating.

Best Doctors was available to Jillian as part of her employee benefits, so the expert support she needed was ready and waiting when she needed it.

“ Because Best Doctors took the
time to collect and review all of my
tests and take a detailed history,
the report has given insight from a
holistic perspective of what is going
on with all my different symptoms.”

The Best Doctors Harvard-trained clinical team went carefully through all of the details of Jillian's case, and decided that the best expert to help her was a leading rheumatologist. It was clear to him that everything pointed to fibromyalgia. Because fibromyalgia is a benign, neurosensory disorder that changes the way the body perceives pain, the fact that testing was coming out normal was precisely because there was nothing wrong with her physically. For this reason the expert advised Jillian against further testing, which he felt would only add to her confusion.

In his opinion, what Jillian needed to do most of all was take care of her overall well-being. This meant committing to daily exercise, including Tai Chi, which would improve her general health and make her better able to cope with the pain and symptoms, as well as engaging in cognitive behavioural therapy sessions. He then reviewed Jillian's current medications, making dosage changes for her pain medication and providing information on two different options for treating the central nervous system itself, improving her symptoms and boosting her energy levels.

UNDERSTANDING THE BIG PICTURE MEANS MAKING
THE RIGHT TREATMENT DECISIONS