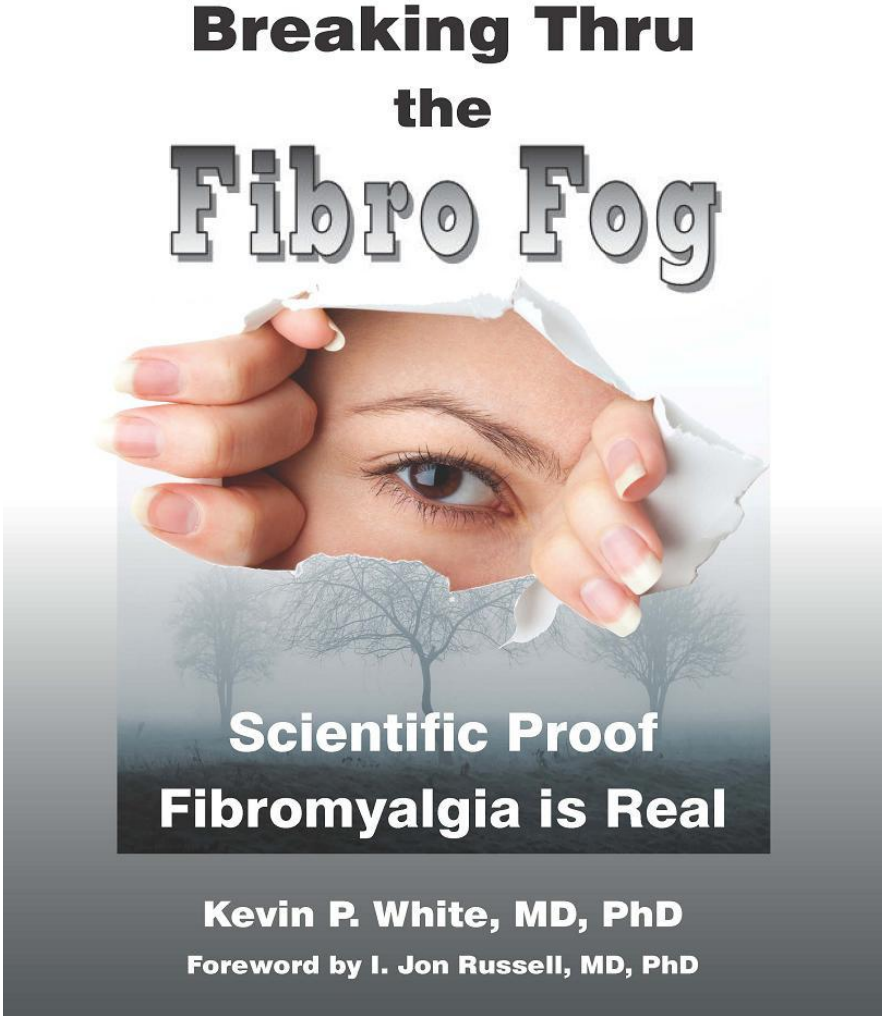


Media Kit

Breaking Thru the Fibro Fog: Scientific Proof Fibromyalgia Is Real!

Contents

FOR IMMEDIATE RELEASE Contact: Kevin White 519.266.3764
dr.kpwhite@wortleyroadbooks.com

SCIENTIFIC PROOF - FIBROMYALGIA IS REAL

London, ON – Kevin P. White, MD, PhD, has radically changed the status quo in his newly published book, *Breaking Thru the Fibro Fog: Scientific Proof Fibromyalgia is Real*.

Many healthcare and legal professionals flatly refuse to accept that fibromyalgia is a legitimate disease, with 23% of family doctors and 12% of specialists in a recent Canadian survey claiming that patients with fibromyalgia are faking. This non-belief and non-support has created tremendous hardship for sufferers. Long-term and often disabling, fibromyalgia may affect as many as one in ten women and one in sixty men. White has studied thousands of fibromyalgia sufferers and understands the impact on their lives.

Some critics argue that fibromyalgia is merely "Big Business for Plaintive Lawyers" but fibromyalgia is more common in Poland, Brazil, Pakistan, and Bangladesh. In Ontario, fibromyalgia is especially prevalent among the Amish – who refuse government insurance and compensation coverage.

One thing I repeatedly heard from my fibromyalgia patients was that the worst thing about the disease was not the pain, fatigue, or mental cloudiness...but the feeling that no one believed their suffering was real," says White. In Breaking Thru the Fibro Fog*, I end the uncertainty and give them the rights and respect they deserve*. White's new book is an expansion of his previously published opinion paper titled *Fibromyalgia, The Answer is Blowin' in the Wind (*Journal of Rheumatology, 2004*).*

Breaking Thru the Fibro Fog *is a must-read for patients, family members, employers, doctors, and lawyers*.
Jon Russell, MD, PhD

With a medical degree, training in two specialties, and a doctoral degree in medical research, White has been an internationally recognized expert in fibromyalgia treatment and research.

White speaks to the reader through a unique combination of his down-to-earth clinician voice and his authoritative scientific researcher voice, and pulls it all together with his own colloquial style as he exposes twelve scientific reasons that fibromyalgia is real.

Endorsed by the American Fibromyalgia Syndrome Association (AFSA), fifteen percent of the book's proceeds will go directly to AFSA to fund fibromyalgia research.

Author available for interviews

For more information, visit www.thefibrofog.com or www.wortleyroadbooks.com

Fact Sheet

About the Book

Book Title: *Breaking Thru the Fibro Fog: Scientific Proof Fibromyalgia Is Real*
Genre: Non-fiction; health
Author: Kevin P. White, MD, PhD; Foreword by: I. Jon Russell, MD, PhD
Length: 256 pages
Features: 18 chapters; detailed glossary of terms; comprehensive index; list of all referenced first authors; list of 481 scientific references

Written for the general public, but a detailed index, glossary of terms and 481 references also make it useful for professionals (lawyers, doctors).

Cover Price: $32.95 (US & CDN); suggested retail price: $24.95
ISBN #: 9 780986 788109
Websites: www.thefibrofog.com; www.wortleyroadbooks.com
Bulk orders through: info@wortleyroadbooks.com

Currently available as: soft-cover book (perfect bound or spiral bound); soon to be available as an EBook and audio CD

- Note that 15% of ALL PROCEEDS from the book, in all its forms, are being donated to the *American Fibromyalgia Syndrome Association* (AFSA) to fund fibromyalgia research.

About Fibromyalgia

- Fibromyalgia (fibrositis, FM) is a chronic disease that is associated with chronic, severe widespread pain (many say they hurt all over), debilitating fatigue, poor sleep, problems with concentration and short term memory.
- It will affect up to 1 in 10 women and 1 in 60 men over the course of their life-time.
- Onset is at any age, even affecting up to 6% of children; onset peaks in those 30-50 years old.
- Most children do well; but, among adults, symptoms usually persist permanently.
- There is no known cure.
- Roughly one third of working individuals become unable to work; and an additional third are forced to reduce their work hours because of their symptoms.
- Despite this, in a recent survey of Canadian physicians, roughly one in four family doctors and one in eight specialists believe that FM patients are faking (http://www.fmnetnews.com/basics-news-perceptions1210.php)
- Research conducted worldwide over the past 20 years has revealed amazing insights into FM and a much better understanding of pain. Biochemically, and on specialized images called functional magnetic resonance imaging (fMRI) and positron emission spectroscopy (PET), abnormalities have been documented in FM patients affecting a particular part of the brain (called the mid-brain) that is, among other functions, responsible for the processing of pain, sleep, short-term memory and concentration. Patients who suffer a stroke to this region of the brain develop a condition called 'Thalamic Syndrome' which is almost indistinguishable from FM, except that the widespread pain typically only affects one side of the body.

Background

Fibromyalgia, also called *fibrositis* or *FM*, is a common condition associated with chronic widespread pain (many hurt everywhere), severe fatigue, poor sleep, mental fogginess (often called the *'fibro fog'*) and several other symptoms. In some parts of the world, it has been called *myalgic encephalomyelitis* (ME). Its onset can come at any age, even during childhood. It affects up to 1 in 10 women and 1 in 60 men over the course of their lifetime. An estimated 5-8 million Americans and 600,000 Canadians suffer from this disease, and perhaps 100 million worldwide. And yet, in a recent survey of Canadian physicians, roughly one in four family doctors and one in eight specialists believed that FM patients are faking their symptoms.

If FM was a condition that was easy to treat, if it merely went away on its own over a few days or weeks, or if its symptoms were mild and not disabling, this disbelief on the part of health care providers would not a big problem. But FM typically NEVER goes away, and the pain, fatigue and other symptoms associated with it are disabling enough that one third of previously-working patients become unable to work, and another third are forced to reduce their work hours. In this setting, the lack of physician support becomes a huge problem for many, many of whom are denied disability payments by insurers who increasingly ask for 'objective evidence' of disabling disease before approving claims. One judge in Alberta claimed that FM was "big business for plaintiff lawyers." Others have said that it only exists because of our rich, highly-insured industrialized western society.

One of the many problematic issues with FM is that patients usually look normal. There is no rash, or swelling or deformity that accompanies it. And routine laboratories and X-rays are either normal or show 'non-specific' changes. Hence, the disbelief and the consequences that stem from it. Besides losing their incomes and financial security, many FM patients have lost friends, the support of family members, marriages, and even their doctors over it. Over the years, FM advocacy and support groups have sprung up worldwide, in an attempt to provide some sort of education, guidance and support for those who suffer from this invisible disease. One of their many struggles has been fighting to increase public and professional acceptance of the disorder. Overall, there has been little success... at least, until now.

Breaking Thru the Fibro Fog: Scientific Proof Fibromyalgia Is Real! is the first and only book of its kind. Over its 256 pages of text and associated scientific references, it examines all the various arguments against fibromyalgia, and reviews the published scientific evidence to refute each and every one of them.

- If, for example, FM only exists because of our rich, highly-insured industrialized western society, WHY is it twice as common in Poland, Pakistan, Bangladesh, and the slums of Rio de Janeiro than in the U.S.A. or anywhere in Western Europe? And HOW could it possibly have existed in the 8th and 9th century at the time of Charlemagne, or affected Florence Nightingale and Alfred Nobel (for whom the various Nobel Prizes are named) in the 19th century?

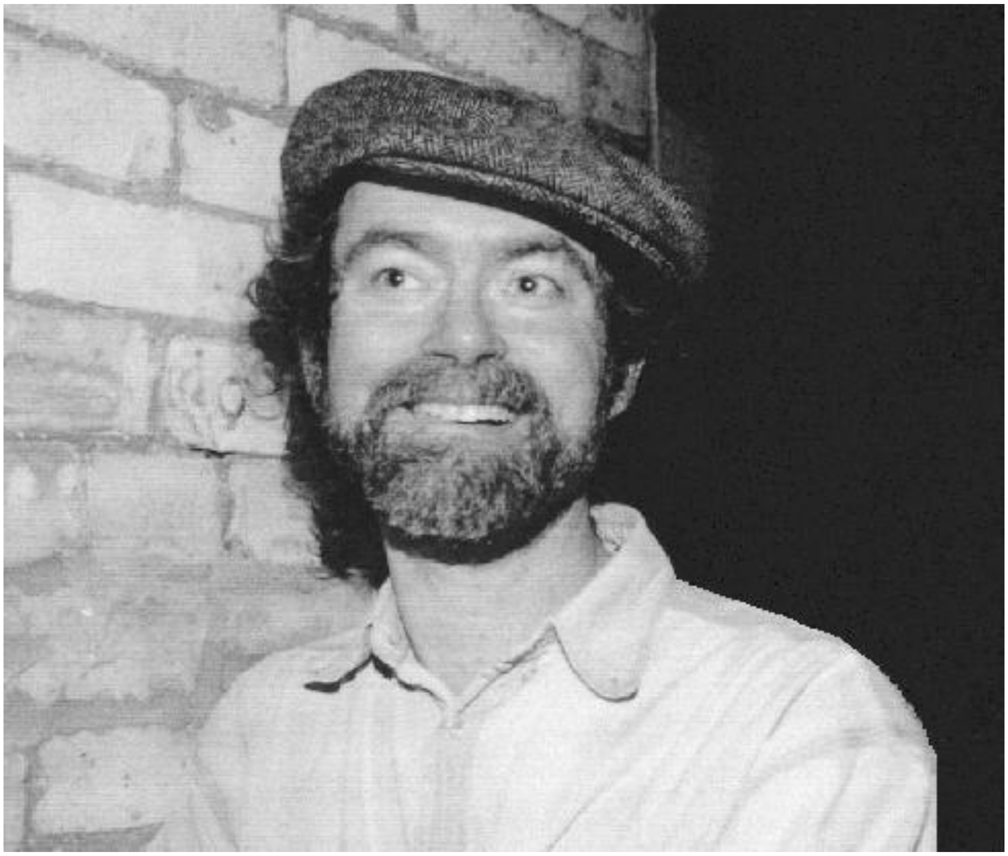
The fact is that, although those with FM look normal to most physicians, there are objective signs of disease both on physical examination, and in a barrage of laboratory and imaging studies that fall outside the scope of the routine tests that most physicians order. *Breaking Thru the Fibro Fog* presents twelve, scientifically-supported arguments that refute every one of the anti-FM critiques. These 12 arguments are:

- FM is not a disease that has emerged in recent years, so it cannot have been created by "generous compensation systems", as some have claimed.
- It exists worldwide, even in very poor, non-industrialized countries.
- It even commonly affects up to 6% of children and non-insured populations like the Amish.
- The striking similarities in symptoms that exist from patient to patient are too great to be part of some global conspiracy.
- Though the criteria used to diagnose it are, admittedly, somewhat flawed, they are no more flawed than for many other highly-accepted diseases like rheumatoid arthritis and systemic lupus.
- Numerous biochemical and other physiologic abnormalities have been found, repeatedly.
- Scientifically-supported explanations for the pain, fatigue and other symptoms exist.
- Objective findings can be found on the patient, if the doctor knows what to look for.
- Though there are no findings that are exclusive to FM, this is true of MOST other medical conditions (e.g., fever is not specific to any one condition, and yet it is a physical sign all doctors and nurses look for)
- The history of humankind is filled with other, now universally-accepted conditions, like multiple sclerosis, that once were not believed to be real.
- Giving someone the fibromyalgia label does NOT make them 'behave sick'.
- FM is no more a psychological condition than any other disease producing chronic pain.

With this book, Dr. Kevin White, who has both a medical degree and PhD in scientific research, hopes to change history... demonstrating to everyone how the scientific evidence renders all doubts as to fibromyalgia's legitimacy moot, and thereby winning FM patients everywhere the rights, respect and compassion that every ill person deserves. Dr. Jon Russell (MD, PhD), now retired Master of the American College of Rheumatology, Chief Editor of the Journal of Musculoskeletal Pain, and Director of The University Clinical Research Center at The University of Texas Health Science Center in San Antonio, writes:

> "Who should, or will read this book? Clearly, patients with fibromyalgia will wish to read it; but others on that list might include those who argue against the validity of this condition, family members who now perceive unexpected cracks in their shields, employers faced with an illness which they fear could affect the bottom line, politicians who are recognizing an illness that affects a large proportion of their constituents, lawyers on either side of controversial issues, and judges required to weigh the arguments in order to make decisions which fairly meet the dictates of law. It is yet to be seen how history will view this book, but the first step in that process is for history to read its pages and digest its thoughts."

About the Author



With a medical degree, training in two specialties (Internal Medicine and Rheumatology) and a further doctoral (Ph.D.) degree in medical research (Epidemiology, the study of epidemics and other disease in populations), Dr. White has been an internationally recognized expert in fibromyalgia treatment and research, fibromyalgia patient advocate, and former university Teacher of the Year. Now retired from active practice, he has turned to writing, having already written four novels, nine children's books, a book of inspirational essays and, as a singer-songwriter and multi-instrumentalist, over 400 songs. In this newest book, Dr. White returns to his roots in medical practice and research, trying to help millions of fibromyalgia sufferers with a book that, once and for all, tells all that FM really is real.

For complete curriculum vitae, please go to http://thefibrofog.com/kevin_patrick_white

Questions for Dr. White

- Why did you choose the title you did – Breaking Thru the Fibro Fog?

The initial title for the book was *Twelve Scientific Reasons Fibromyalgia Was Real*; but I was working with a book marketing consultant who didn't like that title. And then, I had asked a former patient of mine who I also knew from music circles to read the book to provide suggestions, and she said that I should write a little more about 'fibro fog' in the book.

- What's fibro fog?

That's a term that evolved over the years to describe the mental cloudiness (especially the problems with short-term memory and concentration) that many patients feel. Anyway, since many people's understanding of what causes FM also is a bit 'foggy', the title popped out at me.

- How did you come to write this book in the first place? How did it all start?

Believe it or not, writing this book all started because my computer crashed about two years ago. In 2004, I published an editorial in The Journal of Rheumatology, called *Fibromyalgia: The Answer Is Blowin' in the Wind.* In this article, which you can find on-line at http://www.jrheum.org/content/31/4/636.full.pdf, I argued, much as I do in my book, about the reality of FM, and questioned why some were so zealous in their anti-FM rhetoric. When my computer crashed, I lost that file, so I went onto the net to find a copy of it. I found it everywhere. And, on many websites, readers had commented upon it. Several of these comments were so heart-felt (one woman wrote "Thank God there's a doctor who cares!") I started thinking about writing a book. Within a few months, I'd started it.

- How did you become a believer in FM?

I actually started out as a bit of sceptic. This is because, when I was in training, I didn't hear about FM at all until I was near the end of my third year of my Internal Medicine residency. How could I have gone through four years of medical school and almost three years of post-doctoral training without hearing the word 'fibromyalgia' even once? I finally did hear a talk about it, but it was over the final lunch on the last day of a three day arthritis conference. Most of the doctors had already left. Most of the remainder stayed only for the free lunch. So when this doctor got up and spoke about this condition associated with pain everywhere and severe fatigue, with no physical findings other than tenderness, I wasn't sure what to make of him or it. I then was into my ninth month of Rheumatology training before I saw my first FM patient. After that, I saw tons of them. And, as I did, I first noticed how similar these patients all were, in terms of their symptoms; and I wondered: unless there's some book out there that all these people are reading so they know what to complain of, there must be something to this. Shortly after this, I decided to pursue PhD training in medical research (in a field called Epidemiology, which is the study of epidemics and other disease in populations), and thought I'd like to know more about FM. And the more I studied it, the more I came to believe in it.

- Why did you decide to write that editorial (Fibromyalgia: The Answer Is Blowin' in the Wind) and then this book?

There are several reasons. But mostly, I had been listening to my FM patients for years and had come to realize that, more than their pain or fatigue or mental cloudiness or other symptoms, the hardest thing for many to live with was their perception that people didn't believe them. Some had even lost their doctors over it. I also had read several what I call 'hate letters' written by FM critics, published in major medical journals. They called FM things like "a common non-entity", "a fictitious disorder", "the syndrome of feeling out of sorts", "the disease with no clothes", and "a fabrication of the North American compensation system." And I marvelled at their zealousness! Why so hateful towards these patients? Meanwhile, some of the nicest and most courageous people I'd ever met had FM, including one man from Poland who'd been injured at work and lost everything except his family. The year before I saw him, all his two young children (6 and 8 years old) received for Christmas was a single pack of gum. But he wasn't depressed. He still loved living in Canada. He did volunteer work a few hours a week, because that was all he could manage. And he was so thankful that I offered to help him, that he brought cookies his wife had baked for me the next time I saw him in clinic. I ultimately decided to give people like him a voice.

I also want to use this book as a vehicle to raise money for FM research. And so, 15% of gross proceeds (which we assume will be roughly 30% of profits) are being donated directly to the American Fibromyalgia Syndrome Association, based in Tucson, Arizona, to fund FM research.

I have other reasons as well, that you can read about at http://thefibrofog.com/words_from_drWhite.

- Have you written other books?

Yes. I have written and am in the process of publishing four novels, 9 children's books, and one book of inspirational essays, called *Finding Shelter from Addiction*, with one essay written for each of the first 52 weeks that I myself spent in Narcotics Anonymous, when I first started attending meetings 7 years ago. Yes, I have battled addiction, which is why I am no longer practicing medicine. Again, you can read about all this at http://thefibrofog.com/words_from_drWhite. But I have been in recovery for almost seven years. And my book already is being used by numerous addicts, who never paid a cent for it. I plan to publish it officially soon, through Wortley Road Books, with all profits going to support Mission Services and help addicts living in London. In fact, a sizeable percentage of proceeds from all my books and my music will go to a variety of charities. Two of the twelve steps of NA, the 8th and 9th steps, talk about making amends for past mistakes. At some level, some of the things I'm doing now are related to this.

- What are your novels and children's about?

Various things. But they all deal with some sort of social issue. For example, *Inside a Hollow Tree* is the story of a teenage boy with a long, severe history of past abuse, who is sent to a boarding school where he initially is severely bullied. But, as everyone gets to know him, they come to see that he is an extremely gifted child, and he becomes increasingly accepted. And one of my children's books, called *Puck*, is a about a boy with autism who learns to play hockey.

- Are you a musician too?

Yes. As a singer/songwriter, I have copyrighted over 400 songs, mostly in the folk realm, but in other styles as well. Above all in my songs, I am a story teller. I also am in a wonderful community choir called the Karen Schuessler Singers, and in a very talented church choir, also directed by Karen Schuessler.

- What instruments do you play?

I play a number of them, but mainly guitar, harmonica and piano.

- What's next for you and your book?

My goal is to continue to promote *Breaking Thru the Fibro Fog* as much as I can. I truly believe that it can make a huge difference in the way FM is perceived by society and the medical and legal communities; but ONLY if enough people read it. I want this book to change history, at least for those who suffer from FM and other less-accepted diseases. It wasn't all that long ago that Multiple Sclerosis many patients were felt to be faking their symptoms, especially those who had paralysis or numbness or other neurological symptoms that tended to come and go. It wasn't until technology caught up with reality that MS became a universally accepted disease. Let's not make the same mistake with diseases like fibromyalgia and chronic fatigue syndrome.

Book Endorsements

Currently endorsed by the following organizations

- In the U.S.A.:
  - American Fibromyalgia Syndrome Association (AFSA)
  - American Fibromyalgia Partnership, Inc.
  - National Fibromyalgia Association (NFA)
  - Fibromyalgia Network
  - International Association for Chronic Fatigue Syndrome
  - Fibromyalgia Aware magazine
  - Fibromyalgia Frontiers magazine

- In Canada:
  - FibroFolks of London
  - Canadian Pain Coalition
  - CFS-FM Action Network
  - Fibromyalgia Support Group of Winnipeg
  - Myalgic Encephalomyelitis and Fibromyalgia Society of British Columbia
  - Mississauga Fibromyalgia Support Group
  - Kitchener-Waterloo Fibromyalgia Support Group

- In the United Kingdom:
  - Fibromyalgia Association of the UK
  - Fibromyalgia Focus Magazine

- In Australia:
  - National ME/CFS Association of Australia, Inc. (Canberra)
  - regional ME/CFS Australia, Inc. in the states of Victoria, New South Wales, Western Australia, Northern Territory, and Tasmania

- In New Zealand:
  - ME/CFS Australia/New Zealand, Inc.

Personal Endorsements

“God Bless You, Dr. White!” Ardith Heller (fibromyalgia sufferer)

“BRAVO!!!!!! and there is a lot of clapping going on. For all Fibromyalgia patients, families, physicians, lawyers and researchers, this is a Proverbial Masterpiece. I feel that this book "Breaking Thru the Fibro Fog" is an antidote in itself. BRAVO!” D. Steele (published author, and fibromyalgia sufferer)

“Dr White is an excellent advocate for fibromyalgia and to be commended for this excellent, thorough book to help patients with pain and other debilitating symptoms of fibromyalgia."
Janice Sumpton (pharmacist, fibromyalgia sufferer and support group leader)

“This book presents, in a clear and comprehensive fashion, the contemporary scientific evidence on fibromyalgia. It will be of great service to patients and their health care providers; it should become “must reading” for interested third parties, such as insurers, who often need much help in understanding what fibromyalgia is.”
Dr. Manfred Harth (Rheumatologist and Professor Emeritus, University of Western Ontario, London)

"I LOVED THE BOOK. It is long overdue. Dr. White's dedication and concern for the FM community show in EACH and EVERY word he writes." Jackie Yencha, Vice President, National Fibromyalgia Partnership (NFP)

“If you have been belittled and ridiculed by family, friends, physicians, employers or attorneys who do not believe your fibromyalgia symptoms are real, this book is for you. Kevin P. White, M.D., Ph.D. restores the credibility and image of fibromyalgia by using scientific logic and examples of other well-known medical conditions to prove that you have a serious, life-impacting disease. White draws on his experience as a researcher in the field and treating physician to give you the ammunition you need to defend yourself against hurtful comments. Everything he states is backed by research. He offers tactful ways to get others to understand your symptoms and respect your physical limitations.” Kristin Thorson (President, American Fibromyalgia Syndrome Association (AFSA); Editor, Fibromyalgia Network Journal)

“If you have ever been told by a doctor, friend, or family member that FM does not exist and that your symptoms are not real, then this is the book for you. It is one of the best books I have ever read on fibromyalgia, written by one of the most qualified doctors in the field. The book is expertly written with superb examples and analogies to explain complex scientific points, making the text user friendly and fully accessible to anyone with no medical knowledge. He tackles all the arguments that critics throw at fibromyalgia and all his statements are well supported by scientific research. It brings together the wealth of knowledge we now have about FM and moulds it into a strong argument to legitimise what FM patients around the world have been saying for years. Fibromyalgia is real! With this book on your shelf you will have the ammunition to defend yourself against any onslaught from any person who says FM does not exist. It will certainly be taking up a space on my bookshelf.”
Kathy Longley (Chief Editor, Fibromyalgia Association of the United Kingdom)

“This insightful book is a valuable tool for lawyers who are prosecuting personal injury actions and long-term disability claims based on a condition that remains poorly understood by both the bench and bar. The detailed index and glossary make it a useful resource to bring right into the courtroom.” Ann Marie Frauts (personal injury lawyer; senior partner, Frauts & Dobbie Attorneys at Law)

"Great strides have been made in the science of fibromyalgia during the past two decades, yet a great many people, both lay and medical, still fail to understand the breadth and significance of discoveries made. With his own impressive track record in FM research, Kevin White, M.D., Ph.D., is uniquely qualified to make an articulate and authoritative case for the legitimacy of FM. White's new book, *Breaking Thru the Fibro Fog*, is a must-read for anyone with a serious interest in fibromyalgia."
Tamara K. Liller, President & Director of Publications, National Fibromyalgia Partnership, Inc.

“A very well-written user-friendly book that effectively refutes the anti-fibromyalgia critics and gives much needed legitimacy to these long-suffering patients.” Fred Friedberg, PhD, President, International Association for Chronic Fatigue Syndrome

“Who should, or will read this book? Clearly, patients with fibromyalgia will wish to read it; but others on that list might include those who argue against the validity of this condition, family members who now perceive unexpected cracks in their shields, employers faced with an illness which they fear could affect the bottom line, politicians who are recognizing an illness that affects a large proportion of their constituents, lawyers on either side of controversial issues, and judges required to weigh the arguments in order to make decisions which fairly meet the dictates of law.

It is yet to be seen how history will view this book, but the first step in that process is for history to read its pages and digest its thoughts.”

> I. Jon Russell, MD, PhD, University of Texas Health Science Center at San Antonio Faculty, Retired Master, American College of Rheumatology, Editor, Journal of Musculoskeletal Pain, Coauthor, Fibromyalgia Helpbook

- Read what Kristin Thorson, President of the American Fibromyalgia Syndrome, says about Breaking Thru the Fibro Fog in Fibromyalgia Network News at http://www.fmnetnews.com/basics-news-perceptions1210.php
- Read what the Fibromyalgia Network News says about the book in its Daily Living Section at http://www.fmnetnews.com/resources-daily-validation.php
- Read what is written about Breaking Thru the Fibro Fog on the National Fibromyalgia Partnership website, at http://www.fmpartnership.org/Files/Website2005/Resource%20Information/BOOKS-VIDEOS/BOOKS2011.htm
- Read what Janice Sumpton, Pharmacist and London FibroFolks group leader writes about Breaking Thru the Fibro Fog in the Canadian Pain Coalition Newsletter, Winter 2011, Volume 4, Number 1, pages 13-14 (PDF copy available upon request)

Important References

Dr. White's curriculum vitae: http://thefibrofog.com/kevin_patrick_white

Words from Dr. White: http://thefibrofog.com/words_from_drWhite

Fibromyalgia Net News article describing survey of Canadian physicians re: attitudes re: FM. Breaking Thru the Fibro Fog is briefly reviewed
http://www.fmnetnews.com/basics-news-perceptions1210.php

Dr. White's editorial: Fibromyalgia – The Answer Is Blowin' in the Wind.
http://www.jrheum.org/content/31/4/636.full.pdf

Website for the American Fibromyalgia Syndrome Association (AFSA)
http://www.afsafund.org/

AFSA FM Fact Sheet
http://www.afsafund.org/Fact%20Sheet.pdf

Website for the National Fibromyalgia Association
http://www.fmaware.org/site/PageServer.html

Website for the National Fibromyalgia Partnership
http://www.fmpartnership.org/

Website for the FM-CFS Action Network of Canada
http://www.fm-cfs.ca/home.html

FM-CFS Action Network resource page; list of preferred articles, including Fibromyalgia: The Answer Is Blowin' in the Wind by Dr. Kevin White
http://www.fm-cfs.ca/resources-p.html

Overview of fibromyalgia by the Fibromyalgia Information Foundation
http://www.myalgia.com/overview.htm

Fibromyalgia Association of the United Kingdom:
http://www.fibromyalgia-associationuk.org/

Myalgic Encephalomyelitis/Chronic Fatigue Syndrome Association of Australia
http://www.mecfs.org.au/

Contact Information

- Websites: www.thefibrofog.com; www.wortleyroadbooks.com
- Bulk orders through: info@wortleyroadbooks.com
- Toll free orders: 1-866-711-3511
- Contact Dr. White directly: (519) 266-3764
- A sample book is available to the media, upon request. Call 1-866-711-3511 or (519) 266-3764

Upcoming Events

- Book signings are upcoming at the following Chapters/Indigo locations
    - London (Wellington Rd. and Masonville); Woodbrydge; Kitchener; Windsor; Lakeshore; Mississauga; Toronto (Mount Sinai)
- Mississauga Health Fair, March 29th, 2010
- Greater Toronto Area Fibromyalgia Support Group Meeting – April 2011
- Others TBA