SUPPORT
FIBRO
STRATEGIC VISION
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Director’s Vision

The National Academy of Medicine, uncovered a 17 year lag between significant discoveries from research, and when health practitioners changed their patient care as a result. Fibromyalgia patients need to be directed to these updated resources sooner.

After my chronic pain journey began at age 14, I spent over 20 years in a merry-go-round of specialists, pharmaceuticals, and still had no hope of improving my health. Even volunteering as an advocate as well as running the first ever Myspace page, the information I was gathering wasn’t working.

I dove deep into biohacking, Functional Medicine, advanced testing, in-depth tracking, and health coaching and finally found my health again. As I drank my Bulletproof Coffee, and read books by Dr. Bredesen, Chris Kresser and Dr. Wahls, the lightbulb went off. It’s a combination of factors that allow patients to take control of their health. I realized we could create a new healthcare model specifically designed for fibromyalgia.

With the help of our leadership team around the country, we plan to implement a new collaborative model. We already know it will touch communities such as chronic pain and autoimmune conditions. The International Support Fibromyalgia Network has curated educational programs, research, speakers, health coaches, and advocacy teams to advance the fibromyalgia community into 21st-century medicine. I hope you will join us in our efforts and see you on the road!

In unity and health,

Melissa Talwar
ISFN President
Certified Functional Medicine Health Coach
Wahls Protocol® Certified
Biohacker
Patient Empowered Education

Tactical Plan
Facts

Fibromyalgia is a chronic (long-term) disorder defined by pain and tenderness throughout your body, as well as fatigue.

There is no cure and no one-size-fits-all fibromyalgia treatment.

Fibromyalgia affects 2-4% of people, women and men of all ages.

You are at higher risk for fibromyalgia if you have a rheumatic disease i.e. Lupus, Rheumatoid Arthritis.

Rheumatologists can detect fibromyalgia and rules out rheumatic diseases. For long term care, you do not need to follow with a rheumatologist. Your primary care physician can provide all the care and treatment of fibromyalgia that you need. – American College of Rheumatology
Goals

To create a patient empowered education model that will coexist with a collaborative healthcare model. Patients will learn in either locally based or online group sessions. Topics will cover lifestyle modifications, nutritional changes, family life, school advocacy, biohacking tools, and evidence-based Functional Medicine fundamentals.

To develop relationships and co-host events with allied providers in local markets that share a similar vision of health.

To beta test data visualization and tracking tools such as Esri maps and other medical tracking applications.

To build on discussions for better means of advocacy and research funding.
Patient empowered education is a multidimensional process that helps patients gain control over their lives and increase their capacity to act on issues that they themselves define as important.

Patients will increase their capacity to draw on personal resources in order to live well and to navigate the healthcare environment. As a collective, these patient communities will express their needs, present their concerns, devise strategies for involvement in decision making, and take lifestyle and social action to meet those needs.

Education in Phase 1 of this tactical plan will follow the principles of Functional Medicine, patient-centered, community-based, and integrate lifestyle and nutritional modifications.
Implementation

Our leadership team will coordinate with allied providers (i.e., MDs, NDs, chiropractors), health coaches, community gardens, home services, and other organizations within the local area to build a sustainable network that patients can tap into.

The Fibromyalgia Education and Advocacy Tour is the first step in building these communities of wellness. These events are not intended as a one-off approach, but give our Leadership Team updated resources, training, and the necessary support they need to continue empowering patients to pursue a healthier life.

Continued Advocacy Training for Leadership Team members and Support Group Leaders will also be provided.
Types of Events

Creativity is welcome! We invite educational workshops, fundraising, awareness, and advocacy activities.

Examples include:

- Fibromyalgia workshops with speakers
- Roundtables for improving the local community
- Provider networking and education events
- Veterans Health Education
- Awareness Events
- Conferences
As patients, we have submitted our stories through an online web portal for advocacy, but have not been able to see the results yet. ISFN is incorporating Esri Story Maps into the Fibromyalgia Education and Advocacy Tour to change the landscape in how we share our stories.

We will be adding evidence-backed tools with tracking and organization to assist fibromyalgia patients with managing their health.
Leadership Team

Our leadership team of Fibromyalgia advocates continues to expand.

Melissa Talwar
California

Brandi Clevinger
South Carolina

Norman Hanley
Arizona

Kristin Sciarappa
Connecticut

Rick Malta
Texas

Melissa Swanson
Wisconsin

Jason Dean Schutz
Pennsylvania

Meshea Crysup
Mississippi

Tammy George Leehy
Illinois
Consultants
Top leaders in their field, working across the country to support our efforts.

Marjannie Akintunde  
M.S. Ph.D.

Michael Mondragon  
Creative Director

Jennifer Coleman  
Publicity Team

Marco Nunez  
Events Manager

Deborah Genovesi  
Holistic Health & Wellness Coach

Beth Day  
Health & Beauty Advocate

Robin Pfaff  
Fibromyalgia Coach

Dr. Ginevra Liptan  
Provider Educator

Tim Clevinger  
Caregivers Program
Sponsorship Opportunities
Get Involved

We are looking for businesses, allied organizations and other advocates to play a role in our Fibromyalgia Education and Advocacy Tour.

Events will be promoted through media outlets and on social media. If you’re co-hosting an event our marketing team partnership will provide you with consistent marketing collateral.

Examples:

- Local Events Sponsors
- Full Tour Sponsorship
- Event Co-host
- Strategic Partnerships
- Content Development
Engagement

This is your chance to engage with patient communities, connect with advocates and consultants around the country. Our team is also comprised of marketers, publicists, bloggers, vloggers and social media mavens that will promote content online and in local media outlets.

1. Give
   Plan Creative Approach

2. Do
   Community Engagement

3. Learn
   Community Report
Thank you

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