

# MEMBER STORY



NAME:  
Lara  
AGE:  
40

by  Best Doctors®

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## REASON FOR CONSULTING BEST DOCTORS:

ongoing complaints, including fatigue, muscle pain  
and night sweats

## BEST DOCTORS EXPERT SPECIALTY:

rheumatology

### Change of diagnosis and new treatment working

Already suffering from severe back pain, 40-year-old Lara suddenly found herself struggling with other symptoms. Over the course of several months she had dealt with muscle pain, night sweats, itchiness, headache and chronic fatigue. Testing had revealed degeneration in her lumbar spine and, having been seen by several different specialists, she was being treated with nerve pain medication. As her other symptoms worsened, Lara consulted a specialist in internal medicine who, despite extensive testing, was unable to reach a conclusive diagnosis.

“ I’ve never experienced service  
like this before. ”

Exhausted, Lara turned to Best Doctors, a service she had access to via her insurance company. The Best Doctors team immediately set about collecting her medical records, including all of her test results and imaging. A clinical summary of her complete medical history was then sent to a renowned specialist in rheumatology. With a dedicated registered nurse keeping her up to date throughout the entire process, Lara felt that, for the first time since her symptoms began, all of the different aspects of her condition were finally being put together.

“ I especially like how the Best  
Doctors team kept me informed  
of their progress. ”

The expert selected for the case believed that Lara’s symptoms were all caused by fibromyalgia, a disorder characterized by widespread musculoskeletal pain, fatigue and problems with sleep, memory and mood. As fibromyalgia can take many different forms, it can easily be overlooked. The expert advised a treatment regimen that combined medication, exercise and cognitive behavioural therapy, and delivered his recommendations in a clear and thorough report.

Relieved that her symptoms had finally been recognized as part of a known illness, Lara immediately shared the Best Doctors report with her GP, who referred her to a rheumatologist for confirmation of the diagnosis. Lara has since worked hard following up on the Best Doctors expert recommendations and feels much better equipped to deal with her condition. She is now less hampered in her daily life and is looking forward to starting a rehabilitation programme soon.

“ After so much time, it was such  
a relief to finally find out what  
was wrong with me. ”

Very happy with report and already  
working on recovery