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Welcome to the NFA



Founder of the NFA, Lynne Matallana Would Like to Welcome You to the Site!

It is our pleasure to have been serving the needs of the fibromyalgia (FM) community for over two decades and to be taking the next steps in order to help improve the quality of life for millions of people living with this life altering disorder.

[Read More](#)

We would like to thank Malynda Mabbitt for being our first "**Tell Us About Your Pain**" Entry. We will continue to post items from the Fibromyalgia community! There is still time for you to participate too!

Malynda Mabbitt

TELL US ABOUT YOUR PAIN!



Here is your opportunity to be HEARD!

For the Entire month of June, we're inviting you to send us a **short video** describing what your pain feels like and what you have found to help you feel better! A group of Fibromyalgia advocates will select the most helpful videos and they will be posted on our NFA Web Site and in the NFA Newsletter! **YOU** Can help to make sure that those of us living with FM, won't be forgotten!!

Please Mail To...

nfa@fmaware.org



Chronic Pain Reset...

Afton Hassett with Lynne Matallana

PODCAST

Click to Listen

Episode 11 | Lynne Matallana – YOU GOT THIS

Lynne Matallana has been a healthcare strategic visionary for over 30 years, acting as a patient advocate and lifelong entrepreneur. Lynne founded the National Fibromyalgia Association in 1997, and currently is the Founder & CEO of PainTools®, a personalized, guided, self-care program providing both digital and human engagement for women in chronic pain.

She is steadfast in her commitment to ensure that self-care will become an accepted component of chronic pain management and that people in pain will get the help they so desperately need and deserve.

For information about PainTools®, please go to thepaintools.com

If You Are Looking For More Assistance Please go to
Our Resource Page!



[Jump to Page](#)

Dr. Andrea Chadwick (Swing Care) and Lynne Matallana (National Fibromyalgia Association, PAIN TOOLS)



Treatment for fibromyalgia goes far beyond medication. Holistic approaches that take the whole person into account have a strong evidence base, but are overlooked by many doctors.

Dr. Dan Clauw, one of the most influential fibromyalgia experts, discusses the science and current research on fibromyalgia with Dr. Andrea Chadwick from Swing Care.

Dr. Daniel Clauw, Director of the Chronic Pain and Fatigue Research Center at the University of Michigan.



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AWARENESS
DAY
(PAST & PRESENT)



HELP &
RESOURCES



ALL ABOUT
FIBROMYALGIA

- Special Offers
- Upcoming Events
- Webinars

SHOW SUPPORT...
MAKE A
DONATION

TAKE PART IN
RESEARCH

BECOME AN
NFA
MEMBER!



Introducing Our New Proud
Sponsor!

Quell | Fibromyalgia

The first and only FDA authorized medical device that helps reduce the symptoms of fibromyalgia.

* Easy to use, wearable neuromodulation device.
* Drug-free treatment with no significant side effects.
* Can be worn whenever symptom relief is needed, even during sleep.



Dear NFA Members,

The NFA has partnered with Quell Fibromyalgia to develop an easy-to-use fibromyalgia diagnostic criteria worksheet using the most up-to-date standards from the American College of Rheumatology. We'll work to make this available to any healthcare providers interested in diagnosing and treating fibromyalgia. We believe with additional tools like this, we can help bring more visibility to the fibromyalgia community.

If you've struggled with getting diagnosed, feel free to print this worksheet and bring it in to your healthcare provider for consideration.

Warm regards,

Lynne Matallana / NFA

Diagnostic Criteria

Please Donate : >

Nominate Your Favorite Doctor,



We Are Looking For Good Doctors.

[Nominate](#)

SHARE YOUR STORY!

Share your story and you might see it posted on our website, or in one of our upcoming newsletters

[Click Here](#)

Take some Time. Treat yourself. You Deserve it.

Always look at what you have left. Never look at what you have lost.

Robert Schuller

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The information in this website is not a substitute for professional medical advice. Please always consult with your physician on matters concerning your medical care and treatment.

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