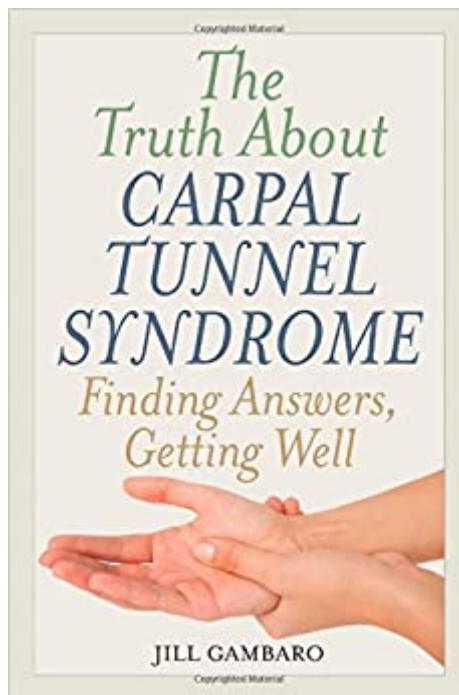




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# The Truth About Carpal Tunnel Syndrome: Finding Answers, Getting Well



## Synopsis

It can start in any number of ways: A legal secretary notices a strange buzzing in her palm. It soon spreads to a fiery ache across her entire upper body. Within a few months, she becomes totally disabled. Trapped in the medical and legal systems without any answers, she desperately attempts to regain her health and her livelihood. Fifteen percent of Americans suffer from pain associated with Carpal Tunnel Syndrome, but only 5 percent ever receive that diagnosis. Medical science does not agree on what causes it or even if it exists. Technology has caused incidents to skyrocket, making nearly everyone susceptible— even teenagers and children. It is the number one occupational illness in the United States, and the most common cause of physical disability in the world, costing approximately \$850 billion a year in this country alone. The Truth About Carpal Tunnel Syndrome is a compelling patient account of this controversial injury. Using layman's terms, the book describes why it's so difficult to treat, how the author learned to manage hers, and how the medical and legal systems work in conflict to those suffering such injuries. Offering hope to sufferers and their loved ones, this book captures the reality of carpal tunnel syndrome and suggests ways for dealing not just with the injury but with the systems in place to deal with the losses associated with carpal tunnel syndrome.

## Book Information

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## Customer Reviews

Jill Gambaro takes us down the RSI rabbit hole to a strange land filled with cruel insurance companies, vanishing attorneys, and domineering doctors. In this millennium, because of our

excessive screen use, her personal struggle, health discoveries, and political insight should be required reading, especially for Congress. In the end, she manages to find friends, and some hope, for those with this insidious, misunderstood disease who are some of the hardest working workers in the world. Thank you Jill! (Jonathan Bailin, Ph.D., Sports Medicine & Ergonomics Associates, ErgonomicsDr.com) Jill Gambaro presents her pain and stress living with carpal tunnel syndrome and frustration with not receiving correct treatment and pain relief. Gambaro documents the extent of the problem and its threatening effects. This book is a comfort to fellow sufferers who can identify with their own illness and gain hope and support. BRAVO! (Marian Garfinkel, Ed.D., adjunct professor, Temple School of Medicine; adjunct professor, College of Health Professions and Social work, Department of Kinesiology, Temple University, Philadelphia, PA) As we change how we work, learn, and play, we have the potential to injure ourselves, our hands, in ways that were never conceived of. Therefore, it is imperative to read and follow Jill Gambaro's amazing advice in *The Truth About Carpal Tunnel Syndrome*. She adeptly outlines what we need to know, what we need to do, and how we need to protect one of our greatest assets—our hands. (Francine R. Kaufman, chief medical officer and vice president, Global Medical, Clinical & Health Affairs, Medtronic Diabetes; distinguished professor emerita of Pediatrics and Communications, The Center for Endocrinology, Diabetes & Metabolism, Children's Hospital, Los Angeles)

This was a difficult book to write, not the least of which because of my disabilities. Many I interviewed were cautious about what they said and wanted approval over how they were quoted. Many did not agree with what others said. Some including doctors, lawyers, risk managers and insurance researchers, wouldn't even talk to me. It was suggested several times I co-author the book with an M.D., but I knew that wouldn't be the book I felt was needed. Everyone did agree a book from a patient's perspective was needed. Not everyone will agree with what I say. It is my hope that I've sparked a conversation. ~ ~ ~

Jill Gambaro takes us down the RSI rabbit hole to a strange land filled with cruel insurance companies, vanishing attorneys, and domineering doctors. In this millennium, because of our excessive screen use, her personal struggle, health discoveries, and political insight should be required reading, especially for Congress. In the end, she manages to find friends, and some hope, for those with this insidious, misunderstood disease who are some of the hardest working workers in the world. Thank you Jill!

Loved this book. Picked it up at the library with 6 other books on Fibromyalgia and Pain Syndromes to study before my Occupational Therapy Fieldwork assignment. This book did a great job of explaining the problems with repetitive strain injuries, how they may arise, and what many patients have to go through. She never mentions Occupational Therapy but all the things she mentions that she thinks should be addressed (depression and anxiety from loss of function, finding just right challenge to keep as much of a sense of independence as possible, and looking at the whole person not just an injury) line up with OT philosophy. She explained pain and the complications it causes in every body system in lay-person speech so that I have a much better idea of what to say to potential clients in the future. Her anatomy and physiology facts aren't exactly right but she has a disclaimer right in the beginning stating she has no medical training and health professionals have told her that her ideas aren't quite right but the passages in her book are just how she understands all the technical information she has heard from various doctors and professionals. So I still gave her five stars because it helped me see what my patients may and may not understand and got me thinking about does it really matter if they're a little off if they aren't practicing medical professionals. (No it doesn't. It's just nit picky stuff). Very informative and fun read.

Years ago I worked with a woman who was an amazing statistical typist. For 8+ hours a day, she'd hunch over thick print-outs that came from California border stations and ports, perform complex tabulations, and enter all of the data into a dozen single-spaced columns. It was a job that no one else in the clerical pool wanted but she'd happily type away without a care in the world. One day, however, she started complaining that her hands and wrists were hurting. Her typing began to noticeably slow down, coupled with frequent breaks that peeved her co-workers. Several of them went so far as to say that she was becoming lazy and just trying to get out of work. For all intents and purposes, she looked perfectly fine on the outside and it was essentially her word against anyone else that she was in excruciating pain from the repetitive motion tasks she was performing. Unfortunately, this was during a time when not as much was known about carpal tunnel syndrome. Her own doctor was unsure of what caused it, much less how to treat it and prescribed a succession of meds to try to alleviate the twinges and soreness but essentially concluded that it was "all in her head" and would eventually go away by itself. Such is the cruelty of the leading occupational illness in America and the most common of physical disabilities in the world. In her new book, "The Truth

About Carpal Tunnel Syndrome; Finding Answers, Getting Well, *Author, speaker and accomplished screenwriter Jill Gambaro not only knows from personal experience that carpal tunnel symptoms should NOT be ignored but has also provided legal, legislative, medical, workers' comp, and psychological insights on how to keep these symptoms from impacting your quality of life and sense of self-esteem. For anyone whose hands, wrists and arms are truly their livelihood and this includes clerical workers, hairdressers, musicians, and assembly line workers this definitive text could truly be a lifesaver. In addition to addressing crucial issues such as how to "listen to your pain, communicate effectively with your physician, and implement ergonomic improvements in the workplace, Gambaro has a comprehensive bibliography and set of appendices for readers to further educate themselves. I was also pleased to see that she didn't leave out the next generation of potential repetitive strain injury (RSI) patients; specifically, teenagers that are practically born with cell phones, iPads, keyboards and the latest high-tech games.*

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Emotions: How To Successfully Treat Chronic Fatigue Syndrome In The Natural Way-A Key For Recovery (Chronic Fatigue Syndrome, ... Syndrome Fibromyalgia, Lupus, Book 3) End Your Carpal Tunnel Pain Without Surgery: A Daily 15-Minute Program to Prevent & Treat Repetitive Strain Injury of the Arm, Wrist, and Hand Relief from Carpal Tunnel Pain and Other Nerve Entrapment Syndromes

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