

Words from Dr. White

I wanted you to understand why I wrote *Breaking Thru the Fibro Fog: Scientific Proof Fibromyalgia Is Real*. There are, in fact, several reasons.

Foremost, I wrote and published this book because it was the right thing to do. Millions upon millions of people have fibromyalgia (FM) and are tortured not only by the pain, fatigue, and other symptoms they deal with every day, but also by their feelings that others do not believe them. Some have been told they are not believed by their doctors, insurers, lawyers, employers, co-workers, and by friends and family. Others have had disbelief strongly implied.

Some FM patients even begin to doubt themselves. Am I depressed? Am I crazy? The majority of research over the past two decades indicates that FM is a real PHYSICAL condition! Yes, you may be depressed or anxious or otherwise psychologically distraught by it, but your pain and other symptoms have a real, physical and physiological basis.

This book is intended to help those who need help convincing others that FM is real, including the doubters. The book won't sway the minds of those who are closed to new ideas or who have personal, self-serving agendas behind their beliefs; but most, I hope, will become more accepting and empathetic.

I wrote this book to help those who seek to help FM sufferers – doctors who want to help but don't know what to believe; lawyers helping with disability or compensation claims; employers and co-workers who want to be supportive but must watch the bottom line; and family and friends who truly care but whose approach may be misguided.

My hope for this book is to generate money to drive further FM research. I am proud to say there is a signed contract between Wortley Road Books and the American Fibromyalgia Syndrome Association (AFSA) that guarantees them 15% of all gross proceeds from the sale of this book, in all its forms (soft and hard cover books, ebooks, audio, compact discs, etc.), for as long as and wherever the book is being sold. My goal is to generate hundreds of thousands, if not millions of dollars for future research looking toward finding a cure for this dreaded disease.

A significant percentage of proceeds will also go toward funding Wortley Road Books (WRB), a company I have founded that dedicates itself to giving a percentage of proceeds from every book, CD or related product sold to the charity/non-profit organization of the author's or musician's choice. In addition to the money being donated to AFSA, WRB is helping to raise money for Big Brothers, Big Sisters; Youth Opportunities Unlimited of London, Ontario; the Water School, which sends volunteers to Africa to teach locals how to sterilize their water using recycled plastic bottles and scraps of metal; Hope's Garden to aid those with eating disorders; and the Karen Schuessler Singers. Many other charitable organizations will soon be added.

I also had a very personal reason for writing *Breaking Thru the Fibro Fog* – to make amends for a wrong that I committed. When I was in medical practise, I was a good doctor...I have kept hundreds of letters from patients thanking me for my attentive care and concern. I was the top graduating doctoral student in the Faculty of Medicine at the University of Western Ontario (UWO) in 1998, a distinction for which I was awarded the prestigious Collip Medal. I was Junior Researcher of the Year for the Canadian Rheumatology Association in 2001. And I was voted Teacher of the Year by the UWO Medical School

Class of 2005, for the teaching I did in the medical school as the Director of the Musculoskeletal Medicine course. But I became an addict – and my addiction ultimately led to losing my appointment as an Assistant Professor at the University of Ontario in May 2003 (having just been approved for promotion to an Associate Professor) and having my medical license taken away in January 2004 for one year by the Ontario College of Physicians. My wrongs included drug use and, while active in my addiction, sexual activities involving one patient, and one patient only. It was consensual but it was wrong. I have never questioned the College's decision to revoke my license; nor have I passed a single day during the past seven years not regretting what I did, not because of the severe consequences, but because it was wrong.

I was eligible to re-apply for my medical license in January 2005, and was encouraged by members of the College panel itself to do so... but I decided to focus on writing instead, not wanting to resume the high stress work that helped spur me towards addiction in the first place.

Over the past six years, I have been an active and regular member of Narcotics Anonymous, serving as the Chief Editor for the London area newsletter for 2½ years and volunteering at the Elgin Middlesex Detention Centre, chairing NA meetings for inmates for the past five years. I intend to publish *Finding Shelter from Addiction*, which consists of 52 short inspirational essays I wrote, one per week, over my first year in NA, based upon the many wonderful things I learned. All profits from this book will be donated to Mission Services in London to help them help those who are addicted and those who are destitute in London.

I also have written 13 other books, including an award-winning novel called *Inside a Hollow Tree*, which deals with the issues of child abuse and bullying, as well as other novels and children's books, each of which addresses some health or major life issue. Examples are *Puck*, a story about an autistic boy who learns to play hockey and changes the lives of everyone around him; and *The Boy with the Horn*, a heart-warming story in which the main character is a 14-year-old boy with Down's Syndrome; and *Black Spoons and Brimstone*, a novel that deals with the issues of addiction and drug dealing; and *Bunny the Bear*, a rhyming children's story that talks about growing up different than everyone else, and finally finding a friend. And a percentage of proceeds from EVERY ONE OF MY 15 BOOKS is going to charities related to the topic of the book.

My addictive behaviours are behind me but not my shame – it never will be. I offer all my books, including *Breaking Thru the Fibro Fog*, and Wortley Road Books as a way to make amends, by helping as many people as I can, utilizing my two doctoral degrees in a way that does not contradict the College's decision (I offer no treatment recommendations in *Breaking Thru*, just evidence supporting the legitimacy of this disorder).

I understand that critics of my fibro book (and there will be many) will point to my loss of license as a reason to discredit what I have written. But, despite losing my license, I never lost the knowledge I acquired over the years as I obtained my numerous degrees and won all those prestigious awards. And the scientific references listed at the end of the book validate everything I have written in the 18 preceding chapters.

My hope is that naysayers and the media will focus on the book and all the good things I am working toward rather than focussing upon my past mistakes. I know in my heart that writing and publishing this book has been the right thing to do.

Dr. Kevin P. White
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