



**Letter to my patients regarding the**  
**Publication of my book**  
**(already for sale)**  
**Ehlers-Danlos Hypermobile Dysautonomia**  
**and Fibromyalgia**  
**(Observations to study and treat hypermobility and chronic fatigue)**

After treating more than 9,000 patients with these diseases, I have realized that they are not given the importance they have, despite their high frequency and that they produce a very poor quality of life. In general, these patients go from doctor to doctor for many years, they are asked many exams (which come out normal) and an accurate diagnosis is not reached.

Apparently because there is no specific marker for the diagnosis of Hypermobile Ehlers-Danlos (EDSh), as there is for Lupus or Arthritis Rheumatoid, and because the causative gene of this disease (EDSh) is not known, is that many doctors are not interested in their study. While this is true, there is the Brighton Criterion which, when it is positive, confirms the diagnosis of EDSh. In addition, since this is a collagen disease and it is in all tissues, symptoms can appear in any organ. This is the explanation of why there can be so many different symptoms (joint pain and cracking, tendinitis, bursitis, subluxations, hernias, varicose veins, hemorrhoids, disc diseases, osteoarthritis and osteoporosis in young people, etc.). This disease is not inflammatory and is not immunologic, thus it does not cause red or hot joints.

The Fibromyalgia (FM) pain is the same as those of EDSh, so I believe that **FM is part of the EDSh**. To many FM I have applied the Brighton Criteria and since it comes out positive, they are EDSh.

Regarding Dysautonomia, the diagnosis is not made for several reasons. The person believes that she is like that, since she has had the symptoms for years, she does not know she has a disease, that can have a diagnosis (Dysautonomia), generally associated with EDSh (hypermobile or not), and which has a very effective treatment when followed accordingly. **Doctors generally think that low blood pressure is normal.** and for this reason, they very seldomly diagnose low blood pressure. The truth is that a low BP (under 120/80) and especially if there are characteristic symptoms (chronic fatigue, headaches, dizziness and fainting or near fainting) the patient has Dysautonomia.

This book is aimed at patients and health personnel interested in the theme. It is written in a simple way for better understanding. The idea is to disseminate information about these diseases, in order to make a diagnosis as early as possible, to improve the quality of life,

decrease the Anxiety and Depression and avoid the loss of memory and concentration, very common in Dysautonomia. It includes chapters with questions and answers from patients and a chapter of suggestions to the different specialists, to which these patients reach out for help.

I hope this information is useful and allows patients to suspect these diagnoses in relatives (EDSh has dominant inheritance) and other people. I also hope that it will be of use to doctors, to be more alert to the signs and symptoms of this disease and help them make an early diagnosis. We should remember that 40% of the population suffers EDSh and of these, 80% of women and 60% of men have Dysautonomia.

See my website for book details. This first edition is only in paper. I charge \$24.500 (Chilean pesos), international sales are sent by mail and charged accordingly. You can request it from my secretary Andrea, calling her at +56 9 4508 9405. Payment instructions will be sent by mail.

For further details of the book, I suggest seeing my website  
[www.reumatología-dr-bravo.cl](http://www.reumatología-dr-bravo.cl).

This Web Page already has almost half a million of visits.

By reading this book, the reader who suffers from these diseases, will find in it information and suggestions that can greatly improve their quality of life. Many will find that the symptoms they have are explained by these little-known diseases. Many say they identify themselves with what is described. "Doctor, it is as if you are describing me", is what patients usually say when reading these descriptions.

The important thing is that these diseases can be treated, which when done correctly, can be very effective.

I hope you find it useful. Greetings

Prof. Jaime F Bravo MD  
Santiago. January 19th 2023