

# INCLUSION BODY MYOSITIS

## A Guide for Patients

This book reviews a strange, rare, and untreatable muscle disease called inclusion body myositis (IBM). It was written by an IBM patient, using straightforward ideas and language. The book is aimed at the average IBM patient to help them better understand IBM and its potential complications. Thus, the book should also be helpful for the primary care physician looking after IBM patients. Today, the research and medical focus on IBM is on discovering what causes IBM and developing treatments. Unfortunately, patients are on a different page: needing help to stay mobile and functional for as long as possible. Patients also need information on managing the practical and psychological challenges of IBM. This book combines the medical and practical aspects of living with IBM in an accessible way. In summary, the book will be helpful to patients, their families, doctors, and caregivers.

William (Bill) Tillier, M.Sc., received a Bachelor of Science Degree from the University of Calgary and a Master of Science Degree from the University of Alberta. He worked as a forensic psychologist for over 20 years before developing IBM. He spends his time doing research and volunteering.

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TILLIER

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**WILLIAM TILLIER, M.SC.**

Foreword by Dr. S. A. Greenberg

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