

## New Treatment for Fibromyalgia (FMS)

The disorder is not directly life-threatening. While fibromyalgia is one of the most common diseases affecting the muscles, its cause is currently unknown. Fibromyalgia is a clinical syndrome defined by chronic widespread muscular pain, fatigue and tenderness. Fibromyalgia affects predominantly women (over 80 percent) between the ages of 35 and 55. The degree of symptoms may vary greatly from day to day with periods of flares. Fibromyalgia is a chronic condition characterized by widespread pain in your muscles, ligaments and tendons, as well as fatigue and multiple tender points places on your body where slight pressure causes pain.

Fibromyalgia is agreed upon as one thing—a disease entity or a painful entity. In fact, fibromyalgia really is a calamity. Tender points are places on the neck, shoulders, back, hips, arms or legs that hurt when touched. Every muscle in their body shouted out in pain. Treatment programs are most effective when they combine patient education, stress reduction, regular exercise, and medications. In addition, they felt devoid of energy as though someone had unplugged their power supply. The pain is biological, psychological, and social. It affects all parameters, including even a spiritual or religious component. Many medical conditions can cause pain in different areas of the body, mimicking fibromyalgia.

### Cause of fibromyalgia

Genetics

Sleep disturbances

Dopamine abnormality

Changes in muscles metabolism

Abnormal levels of Substance P in their spinal fluid

### Symptoms of Fibromyalgia

abnormal sleep architecture

heightened sensitivity

fatigue

sensitivity to noise and temperature

mood changes

musculoskeletal pain

### Environmental change

physical problems

memory problems

anxiety and depressive

irritable bowel syndrome

### Diagnosis for Fibromyalgia

However, blood tests for TSH (thyroid stimulating hormone) and ESR (erythrocyte sedimentation rate) values can differentiate these diagnoses from fibromyalgia. The diagnosis of fibromyalgia is made purely on clinical grounds based on the doctor's history and physical examination.

### Treatment for Fibromyalgia

Medication, while important, is not the only treatment. Patient education, exercise, self-management skills and alternative therapies help treat fibromyalgia symptoms.

Low doses of sedating antidepressants (e.g. amitriptyline and trazodone) have been used to reduce the sleep disturbances that are associated with fibromyalgia.

Considering nontraditional treatment options for your fibromyalgia pain.

Some topical remedies are used for the treatment of fibromyalgia.

Current studies indicate the best pharmacologic treatment for treating pain (and improving disrupted sleep patterns) is low doses of tricyclic compounds including cyclobenzaprine and amitriptyline .

Muscle relaxants, anti-epileptics (such as Neurontin and Lyrica) and other drug categories may be prescribed as well. Each issue of the Fibromyalgia Network Journal contains information about new treatment options, as well as advice about how to make use of existing medications to minimize fibromyalgia symptoms.

### Prevention for Fibromyalgia

Schedule time to relax each day. Deep-breathing exercises and meditation will help reduce the stress that can bring on symptoms.

Do exercise regularly.

Stress reduction might include simple stress modification at home or work, biofeedback, relaxation tapes, psychological counseling, and/or support among family members, friends, and doctors.

## About the Author

Rachel Broune writes articles for [depression treatments](#). He also writes for [home remedies](#)

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