

Support • Education • Research • Advocacy

Fibromyalgia

Life

& Chronic Pain

National Fibromyalgia & Chronic Pain Association

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Self Talk

Your Inner Poem

New Lab Tests to
Consider for FM

But You Don't Look Sick!

**Cervical Spinal
Abnormalities & FM**

**FibroTrack -
Reducing Symptoms**

**Overlapping
Condition
TMJD**

Tips for Parents of
Children with a Chronic Pain
Illness or Fibromyalgia

"Fibromyalgia is a multiple system disorder."

boys." Consider your body as a Ferrari.

Alternative medicine

Dr. Blatman uses the holistic approach in FM management. He advises diet changes and provides prolotherapy (injections into the ligament or tendon), trigger point injections, and joint injection therapy, among other treatments. Other alternative therapies include massage therapy, physiotherapy, exercise, yoga, cognitive therapy, acupuncture and acupressure, herbs, and nutritional supplements, among others.

Traditional medicine

Traditional Western medicine may include using prescription drugs that have been approved for treatment of FM or medications that work directly on the troubling symptom.

Living with FM is not easy, but now that the medical community has recognized FM as a true illness and as people become more educated, there is hope that those who are suffering won't have to wait five years – or thirty years – before they are diagnosed and treated. For more information on fibromyalgia, visit the National Fibromyalgia Association & Chronic Pain Association at <http://fmcpcaware.org>. •



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Here are some suggestions to help you manage fibromyalgia pain. Not all approaches help everyone, but with some trial and error, you may find something that works for you.

Lifestyle Changes

• Diet

Some experts recommend increasing intake of vitamin B6, which is found in foods such as poultry, fish, beans, and dark green leafy vegetables. The United States MyPlate program offers good advice on healthy eating.

• Exercise

Low-impact exercises, such as swimming, yoga, or Tai Chi, can be helpful. Exercise helps keep your muscles strong and flexible and can help improve your sleep and mental well-being.

• Get enough quality sleep

Use your bedroom for sleep and sexual activity only. Avoid caffeine and alcohol in the late afternoon and evening. Avoid napping and don't exercise too close to bedtime.

Complementary and Alternative Medicine Therapies

Acupuncture, massage therapy, cognitive therapy, biofeedback, and trigger point injections, are some of the more popular alternative therapies, to name a few.

Herbs and nutritional supplements

Some herbs and nutritional supplements may reduce FM symptoms. If you are taking medications, be sure to check with your pharmacist to avoid interactions between anything you consume.

Prescription Medications

Fibromyalgia Medications

Currently, there are three FDA-approved medications for FM: pregabalin (Lyrica), duloxetine (Cymbalta), and milnacipran (Savella). Lyrica seems to work on the nerve signals, while Cymbalta and Savella work on the nerve transmitters.

Pain relievers and relaxants

Nonsteroidal anti-inflammatories (NSAIDs), such as naproxen, may help relieve pain. Certain muscle relaxants may be prescribed to help you sleep, which may reduce pain the next day.

Antidepressants

It is not understood why, but some antidepressants are effective in treating chronic pain. These are usually the ones that affect the serotonin levels.

