

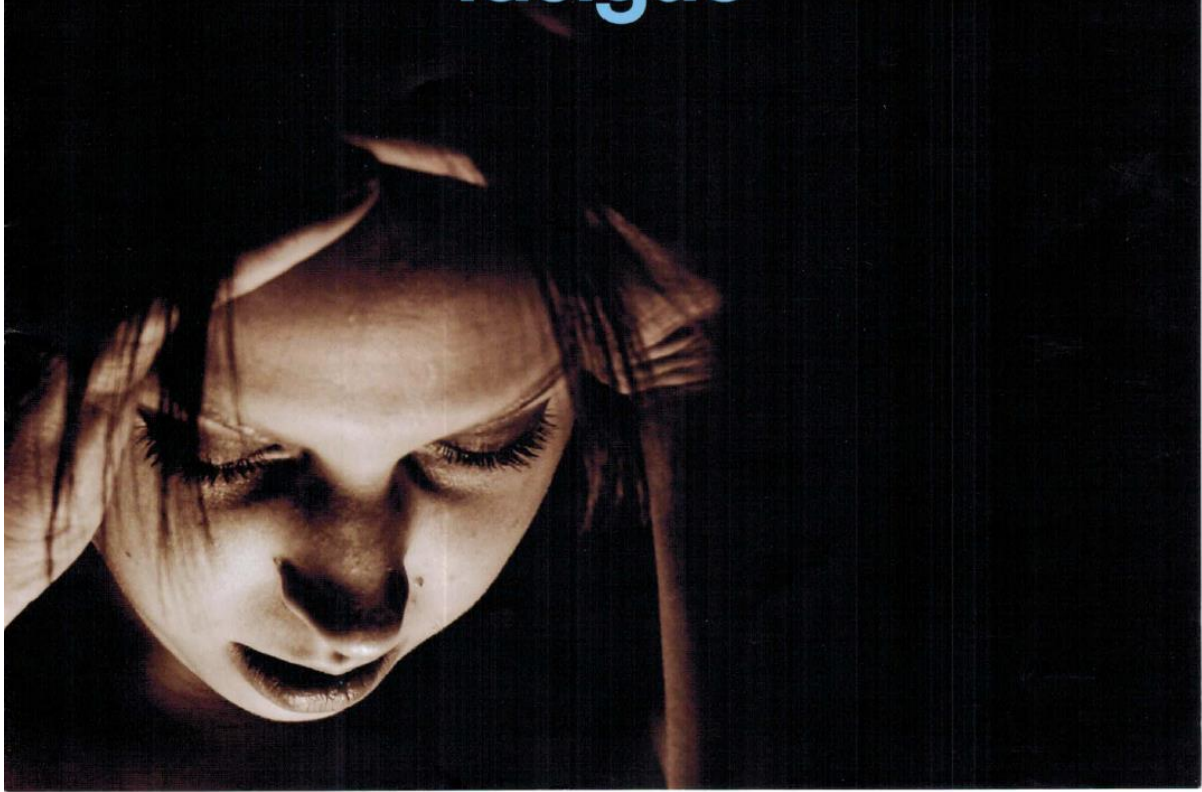
The

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Fibromyalgia Magazine

Support for the FM FaMily

feel pain burn cause men
may
afflicted fibromyalgia
unknown
times overworked shows like syndrome
people muscles pulled patients women
Fibromyalgia fi-bro-my-Al-juh body still
Sometimes musculoskeletal fibrous twitch means
tissues widespread ache
FMS fatigue





ASK THE DOCTOR

By Dr. Jenner



Your Questions Answered

It has been several months since we first started sharing the questions of patients who have been suffering from fibromyalgia, and we are truly overwhelmed with the positive response from readers.

With new questions coming in almost daily, it is evident that there is still so much to learn about this disease - especially by those who suffer. It is time that everyone receives the treatment they need and deserve. We are pleased to share these latest patient questions - and sincerely hope it will benefit others who are suffering.

Question - Phillip, Staffordshire

As a long standing sufferer of Fibromyalgia, I have developed some additional symptoms, and I am not sure if they relate to Fibromyalgia or not. Both my feet, ankles and lower legs are heavily swollen, making it uncomfortable and difficult to walk. Can you please guide me as to whether or not you believe my symptoms are related to fibromyalgia?

Answer - With so many widespread symptoms, many who suffer from fibromyalgia are unsure where their FMS ends and outside issues begin. However, in my experience, this is not a usual set of symptoms associated with FMS.

I would suggest that symptoms like these may be best investigated and managed by a consultant in vascular surgery with a special interest in lower limb swelling. There may be some sort of obstruction in the venous / lymphatic systems that needs to be specifically addressed, and a high resolution ultrasound/ duplex scan would be indicated.

Question - Carol, London

I was confirmed as having fibromyalgia approximately 5 years ago but have had symptoms for several years prior. The medication I have tried has proved unsuccessful, and my GP now tells me there is nothing she can do. Do you have any advice?

Answer -I am very sorry to hear about your suffering and am extremely disappointed to learn about the lack of adequate care on behalf of your GP. Even though the medications that were previously tried did not work, please know that there still are other options to try.

It comes down to finding the right medication or combination of medication that gives maximum pain relief with minimal adverse effects. Once that has been achieved, patients remain on meds for approximately

6 months before being weaned off. During that time we advise a gentle graded exercise programme among other proven options.

Fibromyalgia can be confusing, whether it be new and debilitating symptoms, or an unsuccessful regimen of medications. This is why our team at The Fibro Clinic works tirelessly to learn about new research and information in finding optimal treatment paths for our patients. Remember, you don't have to go it alone.

Dr Chris Jenner is the leading Pain Consultant at The Fibro Clinic and believes that many of those suffering from the effects of Fibromyalgia can find increased comfort through a multidisciplinary approach to pain relief. With expertise in treating over 90 different pain conditions and detailed research from around the world, Dr Jenner has developed a variety of medical treatments for Fibromyalgia. At The Fibro Clinic, we offer numerous treatments for managing your fibromyalgia, including both pharmacological and non-pharmacological therapies. With the right combination, patients can often see incredible results, and the symptoms of FMS/ME can often be reduced dramatically.

Website: TheFibroClinic.com

Telephone: 020 7118 0350

ASK THE DOCTOR

Doctor Jenner of the Fibro Clinic has agreed to answer readers' questions

If you have any fibromyalgia specific questions that you would like addressed please email your question to office@UKFibromyalgia.com

or write to:

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