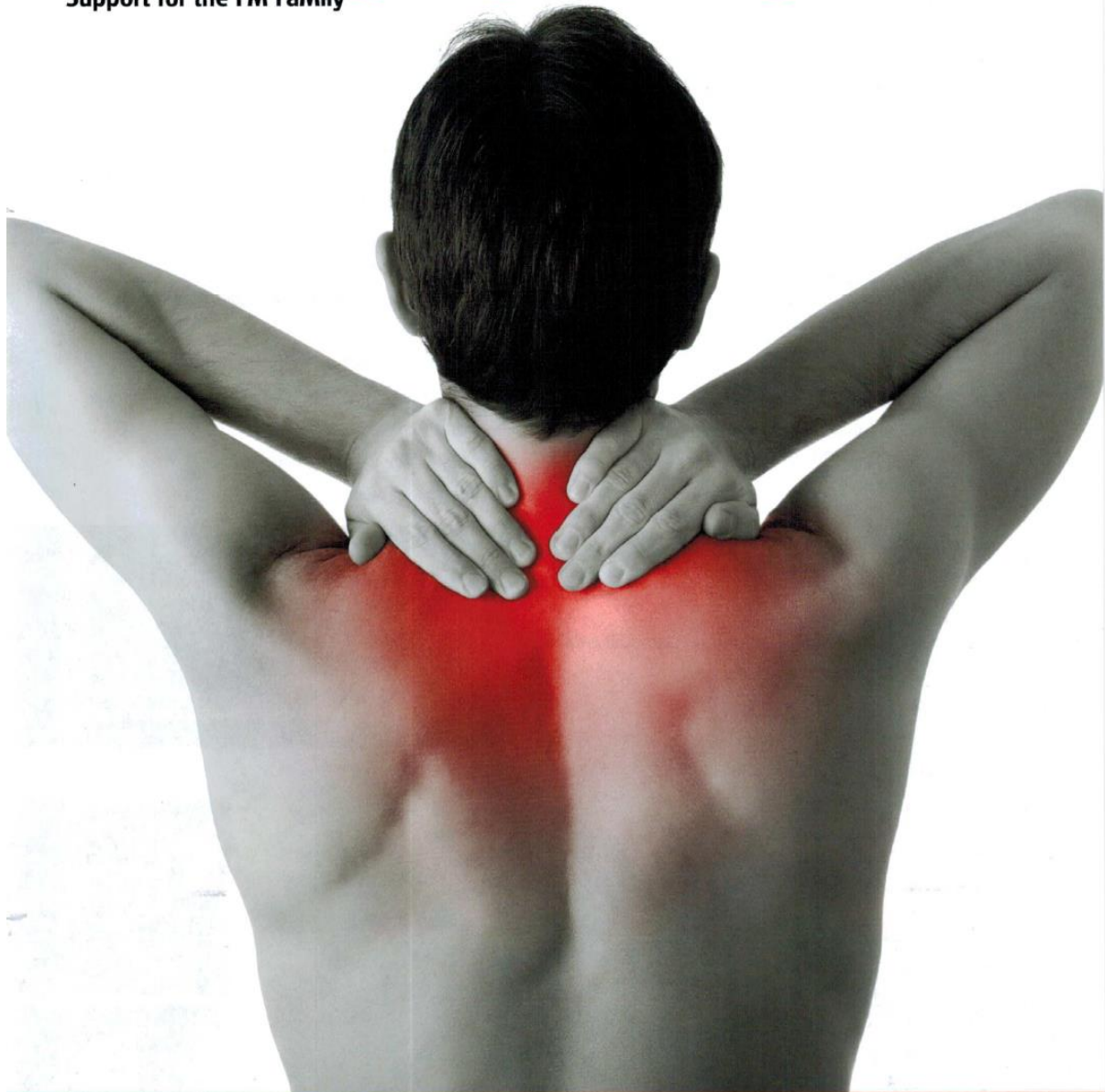


The

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# Fibromyalgia Magazine

Support for the FM FaMily



**Including:** Doing your Bit for Fibromyalgia Awareness Week, Fibromyalgia Action UK News, Reading Mayor raises Fibromyalgia Awareness, PIP delays unlawful says High Court, The Work Capability Assessment By Nim McCoan-Thornhill, A circle of frustration, by Clare Francis, Keep Your Medications Cool, Dealing with a crisis By Naomi Harvey, Purchases that work for my fibromyalgia pain By Karen Crosby, Summering With Fibromyalgia By Dr Jenner, Hypothyroid Misconceptions: Marcus Webb talks to Thyroid UK's Lyn Mynott, Sensational Salads: From Boring to Exploring! By Sue Ingebretson, The Secret of Pain Control By Jan Sadler, Persistent pain and the fight to end FGM By Rowena Jacobs, Comfortable Travelling By Helen Watts, Juicing Diets By David Jenkin, My Personal Story By Karine Chevalier-Watts, FM Survey, FM Cartoon By Brendan

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## ASK THE DOCTOR

By Dr. Jenner



### Summering With Fibromyalgia

The birds are singing, the sun is shining (sometimes), and holidays are upon us! Summer is here and unfortunately for those living with fibromyalgia, a rise in temperature can mean a rise in fibromyalgia flares.

Many studies have concluded that patients with various rheumatic conditions including fibromyalgia, felt that weather changes had a significant influence on their pain. At present time, there is no definitive reason why heat has such a negative effect on some fibromyalgia patients. However, recent studies have succeeded at shedding some light on the topic.

Often, people with fibromyalgia have difficulty comfortably adjusting to temperature changes. Heat can be particularly bad as people with fibromyalgia don't perspire as easily as others. When body heat rises, fibromyalgia patients can face debilitating symptoms including fevers, muscle pain, fatigue, anxiety, headaches and even feelings of depression.

That is why this summer, we urge you to pay close attention to your body in order to minimise flares. Just following a few simple tips could have a meaningful impact on your overall wellbeing and ability to enjoy your summer.

**Stay hydrated:** Remember to drink water consistently throughout the day, even if you don't think you're thirsty. It's a good idea to carry a water bottle around, taking small sips consistently here and there. It's also important to try to avoid drinking alcohol as this will cause further dehydration.

**Keep cool:** Try and stay in air conditioned environments. If you don't have air conditioning in your home, consider fans or taking cool showers. Cool, damp cloths on your neck or ice cubes dabbed on your wrists can help keep you from getting overheated as well.

**Dress comfortably:** You might be surprised what a difference light, comfortable, and loose-fitting clothing can make. Bright colours and whites are always the best options, as dark colours tend to absorb heat.

**When the Pimms is flowing and the BBQ is cooking,** it might seem daunting to worry about your Fibromyalgia. The good news is - you don't have to go it alone. At The Fibro Clinic, we know that there are measures you can take to effectively lower or manage your fibromyalgia flares. Take the time to look after yourself - and enjoy your summer to the fullest.

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](http://TheFibroClinic.com)

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## 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](mailto:office@UKFibromyalgia.com) or write to:

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