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The Fibromyalgia Magazine

Support for the FM FaMily

Wishing all our readers a peaceful and pain free Christmas



ASK THE DOCTOR

By Dr. Jenner



Fibromyalgia: Your Questions Answered

Fibromyalgia affects the body in various ways, leaving many of us with chronic and widespread pain throughout. Unfortunately, many patients have been suffering for years -- often in silence, without getting the necessary treatment they deserve. Because of this, we'd like to share some patient questions, in hopes it will benefit others who are suffering from this debilitating condition.

Question - Janet from Birmingham

I have had fibromyalgia for some years. I would like to address the illness and get some help in managing pain levels better, any advice?

There are many steps you can take when it comes to managing your fibromyalgia. To start, choose activity wisely. Exercise regularly, but do not overdo things. Set personal limits, and always remember to take a rest. Try your best to remove yourself from situations that are likely to cause stress as this can aggravate pain, and modify your working environment to better suit your situation. During a flare-up, do less, take warm baths or use ice -- whichever works best for you. It is also a good idea to read up on some simple mindfulness techniques such as meditation, deep breathing, or visualisation -- as many patients see relief from these practices.

Question - Peter from Ipswich

I can't seem to find anything that helps the fatigue I get with Fibromyalgia. Do you have any suggestions for managing it?

Fatigue can be an incredibly frustrating aspect of fibromyalgia, making even the smallest of daily tasks feel exhausting. Because of this, it's important to take daily breaks. Schedule only one big task per day -- and always rest. Take the time to exercise, but listen to your body. Evaluate your sleep routine and make appropriate adjustments. Relax before bed time, turn off screens, do not drink caffeine, meditate, and practise breathing techniques. As always, strive to maintain a healthy diet, with lots of fruit, vegetables, whole-grains, protein and good fats. Take vitamins, and be mindful of your weight to reduce pressure on your body.

With several years of experience treating patients with Fibromyalgia, The Fibro Clinic truly empathise with the obstacles patients face on a daily basis. We are pleased to share our knowledge, and are dedicated to providing the best possible treatment options.

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
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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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