

The

UK Fibromyalgia Year 16 · Issue 5 · March 2016

Fibromyalgia Magazine

Support for the FM FaMily



Are CFS and Fibromyalgia Related to Parkinson's disease? by Dr. Cort Johnson

Also including:



Change... are you ready?
By Karen Lovegrove



The Yoga Way
By Karen Crosby



The Things People Say
By Jan Sadler

The 2016 Fibromyalgia Awareness Campaigns · Fibromyalgia and the Personal Independence Payment By Nim McCoan-Thornhill
Ask the Doctor-Your Questions Answered By Dr Jenner · Unlocking the Mystery of Sjögren's Syndrome By Heather Bancroft
Research shows Montmorency cherries can ease muscle soreness and improve sleep quality · The Things People say! By Jan Sadler · One Surprising Source of Chronic Pain By Sue Ingebretson · Fibromyalgia by any other name! By Helen Watts · Finding Time For Exercise By David Jenkin · Poem Bedroom Window By Sharon Blake · Poem- Fibromyalgia – our visible illness By Aida Ali · FM Survey · FM Cartoon By Brendan · FM Cookbook- Curried Mustard Greens & Garbanzo Beans with Sweet Potatoes



ASK THE DOCTOR

By Dr. Jenner



Your Questions Answered

A few months ago we started sharing the questions of patients who have been suffering from fibromyalgia, and it has become clear that these types of articles really resonate with readers. Whether you're reading up for a loved one, or have been suffering yourself for years—there are endless questions about this puzzling disease. It is terribly frustrating that even though so many of us are suffering, few of us actually receive the necessary treatment we want and deserve. That is why it is with great optimism that we continue to share these patient questions, in hopes it will benefit others who are suffering.

Question - Nikki from London: I am diagnosed with fibromyalgia and find the different medications available to be very confusing, even though I have a good GP and have been through a pain management clinic. I get mainly back pain with stiff/tight muscles and muscle spasms. I'd like to ask your opinion on the best types of medication to take. I currently take duloxetine and codeine with paracetamol but I'm not convinced I'm getting the best results.

Answer - Unfortunately there is no "best" type of medication for fibromyalgia—we're all different, and we all respond to these medications differently. I urge you to think of medication as only part of your treatment. After years of studying this disease, I have found that there are several tested measures which can be taken to help in reducing the negative effects of fibromyalgia. With the right combination of medication and complementary treatment as part of a multidisciplinary approach, I have watched patients make a vast improvement to their lives.

Question - Andrew from Windsor : It is my opinion that I have suffered from fibromyalgia most of my life, but I've only just started to seek treatment. Do you have any advice on managing my pain on a daily basis?

Answer - Managing pain day in and day out isn't easy, but it can be done. To start, choose your activities wisely. I always recommend that patients try to exercise regularly, but do not overdo it, and always remember to rest. Life is stressful, and while we all try to avoid stressful situations, those with fibromyalgia should try extra hard. Stress can seriously aggravate your pain. Be open to some simple mindfulness techniques such as meditation, deep breathing, or visualisation—many patients see relief from these practices. When you're facing a flare-up, do less, and rest more. Take warm baths or use ice—whichever works best for you.

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 constantly taking new research and information into consideration when finding the correct treatment path for our patients, and are dedicated to providing them with a better quality of life.

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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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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