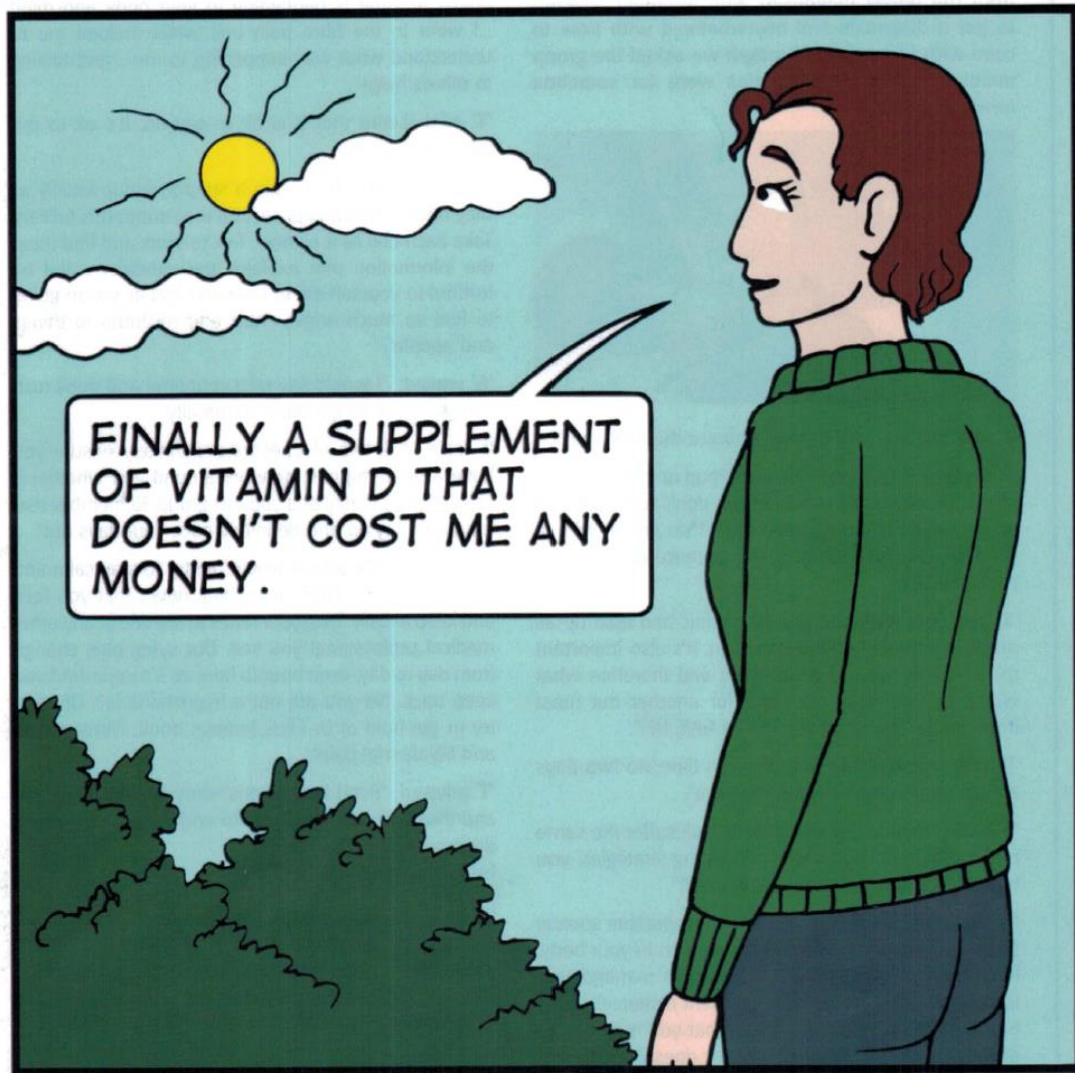


The

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Fibromyalgia Magazine

Support for the FM Family



BRENDAN KEELEY

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ASK THE DOCTOR

By Dr. Jenner



Travelling With Fibromyalgia

Summer is fast approaching, and for many of us this can mean exciting yearly holidays and time spent actively with family and friends. Unfortunately those of us with fibromyalgia might feel unable to partake in the fun, due to debilitating pain and chronic fatigue.

At The Fibro Clinic, we believe that having this disorder does not mean you should be forced to give up vacations and other memorable experiences. This is why we've put together a list of 10 tips to help you beat fibromyalgia fatigue, pain and stress when you're traveling.

1. **Relax** - Relaxation techniques can minimize fibromyalgia pain. Consider creating a playlist of soothing music to listen to during the journey. Did you know that relaxation can actually help reduce inflammation?
2. **Dress Comfortably** - Pack comfortable outfits to wear during your trip. Consider workout clothes, loungewear or anything else that's easy. Avoid constricting clothes and zippers or buttons that might irritate your skin after several hours of wear.
3. **Prepare For Changing Temperatures** - The temperature on planes can sometimes be on the colder side. Wear layers so you can adjust with temperature changes as the cold can cause a flare up.
4. **Make Time To Sleep** - It might be tempting to jam-pack your days with sightseeing, however getting enough sleep is just as important. Lack of sleep increases fibromyalgia fatigue, which will make it harder to enjoy your holiday. You might also want to pack your favourite pillow rather than rely on a standard hotel option.
5. **Keep Active** - Being physically active is key to helping you manage fibromyalgia pain, however maintaining your exercise routine can be difficult while traveling. Look for a hotel with gym/pool access to make things easier.
6. **Follow Your Body** - Pay attention to your body's signals - you know when you've had enough.
8. **Schedule Rest Periods** - Downtime is as important as anything. Schedule in frequent periods of rest throughout the day to manage fatigue.
9. **Pack Snacks** - We're all guilty of eating on-the-go junk food on holiday, but being prepared and packing protein-rich foods can work wonders.
10. **Break Up Travel Time** - Schedule rest-stops for far car journeys and consider connecting flights for long-haul destinations. The ability to rest and stretch is key.

Most importantly, don't stress about your upcoming holiday - you're meant to enjoy it! At The Fibro Clinic, we are always working towards providing our patients with the latest research and treatments available to help in their journey with fibromyalgia. We believe small changes and a multidisciplinary approach to treatment can make big changes in the lives of our patients.

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.

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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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