

The  
**Fibromyalgia Magazine**  
Support for the FM FaMily

UK Fibromyalgia Year 16 · Issue 1 · November 2015

Can Being Compassionate Make You Sick?  
by Sue Ingebretson



**MEDICATION SPECIAL**

Looking at....

- Savella
- Melatonin
- Medical Marijuana

**Also in this issue:** Fibromyalgia – The Savella Story By Cort Johnson, Yvette Cooper: A chance to campaign for FM?, How Melatonin Helps With Fibromyalgia By Dr Jenner, A Flare-up? How to Ease the Pain By Jan Sadler, There is more to Cherries than meets the eye! By Marcus Webb, Medical Marijuana for Fibromyalgia By Karen Munday, What helps you? By Helen Watts, Can you really be happy with Fibro? By Naomi Harvey, Keep Track, Keep Control By Karen Crosby, Fibromyalgia and ESA. The Groups! – By Nim McCoan-Thornhill, Fibromyalgia Fact of the Month, Exercising the Knee By David Jenkin, Stupid things I've said or done due to Brain Fog!, Apply for FM Support Group funding, Benefits' News, FM Survey, FM Cartoon By Brendan, FM Cookbook

This magazine is for informational purposes only and should not be used as a substitute for the medical advice or services of your health care providers. Every effort has been made to make this publication as accurate as possible. This information and adverts are not intended for self-diagnosis, treatment, or the justification for accepting or declining any medical treatment for any health problems or diseases. Any application of the information presented in these pages is at the reader's own discretion. The advertising of a product, therapy or clinic in FaMily does not imply that it has been tested or it's use endorsed by UK Fibromyalgia.





## ASK THE DOCTOR

By Dr. Jenner



### How Melatonin Helps With Fibromyalgia

While often thought of as simply a natural sleeping pill, several studies now suggest that Melatonin might also help in combating Fibromyalgia pain. Most recently, a double-blind study has suggested that high doses of Melatonin taken regularly for six weeks likely reduces fibromyalgia pain.

Sixty three women with fibromyalgia were included in the study, and split into three groups. They either received 25 mgs of amitriptyline or 10 mgs of Melatonin, or amitriptyline and melatonin together. They kept journals throughout the six weeks, where they recorded the time and intensity of the worst pain they experienced during each 24-hour period.

Researchers measured patient's average pain pressure threshold (PPT) at baseline and again after six weeks. Intensity was scored using a system where zero means no pain and 100 means the worst possible pain. All three groups had less pain after six weeks than they did at baseline, however patients receiving Melatonin alone or Melatonin plus amitriptyline had significantly lower pain scores than the patients who received only amitriptyline.

Overall, improvement in pain due to Melatonin alone and/or Melatonin and Amitriptyline together was significantly better than that obtained by treatment with Amitriptyline by itself. However, this conclusion is still only tentative, as there was no true placebo group in this study.

An interesting point to take away from this study is that the effect of Melatonin was compared to amitriptyline - a medicine that is generally believed to have a positive effect on reducing fibromyalgia pain. While many fibromyalgia specialists believe amitriptyline is useful, it's important to take note of these double blind studies which give us greater insight into other options. Additionally, Melatonin's relative safety is enough to suggest that physicians might seriously consider a trial of Melatonin for their fibromyalgia patients.

Here at The Fibro Clinic, we ensure our patients are aware of the latest and most promising research, and are dedicated to providing the best possible treatment options for them. We know that living with fibromyalgia is extremely challenging — and the key to an effective plan is a proactive and tailored approach to treatment.

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)

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](mailto:office@UKFibromyalgia.com)

or write to:

UK Fibromyalgia  
7 Ashbourne Road  
Bournemouth BH5 2JS