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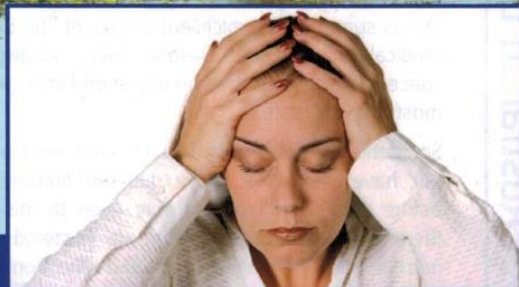
Support for the FM FaMily



Fibromyalgia- An Australian Doctor's Perspective

Also in this issue:

- Apply for FM Support Group funding
- How Does The Brain's Immune System Affect Fibromyalgia? By Dr Jenner
- How to take the Fear out of Flare-ups
By Jan Sadler
- Work Capability Assessment
By Nim McCoan-Thornhill
- Are you comfortable in your own clothes?
By Helen Watts
- How to cope when you need to be the carer
By Naomi Harvey
- The Placebo Effect By Karen Crosby
- Fibromyalgia Fact of the Month
- Exercising the Ankle By David Jenkin
- Fibromyalgia Action UK News
- Stupid things I've said or done due to Brain Fog!
- Benefits' News
- Poem by Micky Cocker
- FM Survey
- FM Cartoon By Brendan



Does Fibromyalgia Make You Jumpy? By Sue Ingebretson



Giving your liver a break - a simple guide to detox By Marcus Webb

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ASK THE DOCTOR

By Dr. Jenner



How Does The Brain's Immune System Affect Fibromyalgia?

Those who are living with chronic fatigue syndrome or fibromyalgia are all too familiar with the often debilitating side effects that come with it. Headaches, widespread pain, and sensitivity to light — these are all widely recognised side effects. But where are they actually stemming from? Recent research from The National Center for Biotechnology Information suggests that these abnormal fibromyalgia pains stem from a part of the central nervous system's dedicated immune system.

The brain and spinal cord make up ones central nervous system, and many don't realise that the central nervous system actually has its own immune system that's separate from the one associated with the rest of the body. Much of this dedicated immune system is made up of glia, which are cells that form the white matter of the brain. One type of glia cell in particular is called microglia, and its role is to find and destroy infectious agents such as viruses or bacteria within the body.

Pain associated with fibromyalgia involves the abnormal pain types hyperalgesia and allodynia. Hyperalgesia is pain amplification, where pain becomes more intensified than it would normally be. Allodynia is pain caused from something that normally wouldn't hurt. This might include a light tap on the arm or a snug denim waistband.

In this new study, researchers used stress to induce hyperalgesia and allodynia in rats. Interestingly, the rats did not show damage or inflammation in the painful tissues. This in turn suggested an alternative cause of pain. Perhaps the brain's immune system? They also discovered abnormally high levels of activated microglia in the rats' spinal cords. These results indicated that activated microglia were involved in the development of abnormal pain in the rats. This suggests that the pain observed in chronic fatigue syndrome and fibromyalgia patients may be partly caused by a mechanism in which microglia activation is involved.

Of course further testing must be completed in humans (especially those with FMS and ME/CFS). However, the research concluded that some mechanism may be activating microglia, and that excess microglia may lead to hyperalgesia and allodynia.

Here at The Fibro Clinic, we are sure to keep abreast of the latest and most promising research, ensuring we provide highly advanced and accurate treatment options for our patients. We practice a multidisciplinary approach to treatment which is specifically tailored to the needs of each individual patient.

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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