

The New Year's Effect On Fibromyalgia

If you have fibromyalgia, you know how painful and depressing life can be. You also know how misunderstood this condition can be. Until you suffer with fibromyalgia, it is difficult to really understand.

But, with the help of modern research (and a little care and understanding) some doctors are starting to gain more and more knowledge about the causes, diagnosis and treatment.

For example, in a 558 chronic pain patient study, the American College of Rheumatology found that they could accurately identify which patients had fibromyalgia, at an 88% accuracy level.* This supports that fibromyalgia can be accurately diagnosed and may not be "all in your head."

It was also found that many people can have fibromyalgia with less than the previously required 11 tender points as long as they have widespread pain and many of these symptoms: fatigue, diarrhea, constipation, sleeping problems, chronic headache, jaw (TMJ) pain, memory problems, muscle pain,

morning stiffness, menstrual cramping, numbness and tingling, dizziness, skin and chemical sensitivities.

Stress has long been theorized to be a major factor in fibromyalgia.** And starting a new year is one of the most stressful times of the year.

Like all doctors' offices, care may vary from office to office. So if you are looking for a Chiropractor who offers short term, affordable fibromyalgia care, or if you have questions, call Gastonia Chiropractor Dr. Lidia Adkins at 704-853-8000. You can be seen immediately with no obligation to extensive treatment plans.

References

*Wolfe F, Smythe HA, Yunus MB, et al. The American College of Rheumatology 1990 Criteria for the Classification of Fibromyalgia. Report of the Multicenter Criteria Committee. Arthritis Rheum. 1990 Feb;33(2):160-72.

**Wolfe F. The fibromyalgia syndrome: a consensus report on fibromyalgia and disability. (Wolfe F, et al. J Rheumatol 1996 (Mar); 23 (3): 534-539).