

The Truth About Fibromyalgia And Chronic Pain Syndrome

Fibromyalgia syndrome is more common than people think. As many as 3 million to 6 million people, mostly women, suffer from fibromyalgia pain. Though it gets a bad rap as a mystery condition that people seem to "make up," its symptoms are very real, very painful, and very hard to treat and diagnose. Fibromyalgia symptoms include muscle pain spread across the body, tiredness or extreme fatigue, and what are called "tender points," which can be in many spots at the same time around the body.

And the symptoms of fibromyalgia syndrome don't stop there. If you suffer from this chronic pain syndrome, you can have your sleep disturbed, be extremely stiff in the morning, suffer from headaches, experience numbness or tingling in your extremities, or even suffer from memory problems. The fibromyalgia pain can even lead to what's called restless leg syndrome, or what could be worse, irritable bowel syndrome.

To develop a worthwhile fibromyalgia treatment, scientists and doctors need to first figure out what the heck causes the chronic pain syndrome. They're not sure if environmental - something in your everyday life - or hereditary factors cause fibromyalgia syndrome. And they don't know why 80 percent to 90 percent of people who experience the condition tend to be women, mostly in their middle age years.

Don't panic, though, if you feel that you have fibromyalgia syndrome. Fibromyalgia treatment is possible, especially if you talk with your doctor and tap into his expertise. There are a host of over-the-counter and prescription painkillers that are available to combat the chronic pain, such as NSAIDs, and antidepressants may have an effect for reducing pain.

Some alternative therapy experts recommend a whole host of wholesome, natural remedies as fibromyalgia treatment. First, you could try alternative therapies such as acupuncture, massage, and chiropractic therapy. Exercise may have a positive effect as well on fibromyalgia syndrome. We're talking such fun as Pilates, yoga, light weight resistance exercises and walking. If anything, getting your body moving and your blood flowing will loosen up the stiffness, and take your mind off the pain and the tender points.

Some experts even claim that a fibromyalgia diet is the key to freeing yourself from the chronic pain condition. Though traditional medicine hasn't found the proof for such arguments, it doesn't hurt, ever, to eat healthier and take care of your body in general. A balanced diet -complete with veggies and fruits, whole grains and pastas, nuts, legumes, and low-fat dairy - can help reduce your chances of high blood pressure, heart disease, cancer, and a host of other chronic and dangerous conditions.

About The Author

This article about fibromyalgia and chronic pain syndrome is submitted by Susan Easton, writing for <http://www.fibrofatiouerelief.com>.