



Monthly Wellness Bulletin

The Mystery of Fibromyalgia - Correct Diagnosis Is Key

Fibromyalgia still remains a mystery. Whether it's a "trash can" diagnosis or true condition, symptoms are very real. An estimated 3 to 6% of Americans, predominantly women, suffer from this syndrome. A true diagnosis is complex and can take up to 4 years to accurately obtain, according to the National Fibromyalgia Association.



Fibromyalgia is typically diagnosed in patients with:

- Widespread pain in all 4 quadrants of the body for a min. of 3 months.
- Tenderness or pain in at least 11 tender points when pressure is applied. These points cluster around the neck, shoulders, chest, hip, knee & elbow.

Some experts say that the condition may exist if the patient has general widespread pain and several other common symptoms, including:

- Fatigue
- Sleep disorders
- Chronic headaches
- Dizziness
- Jaw pain
- Cognitive or memory impairment
- Irritable bowels
- Morning stiffness
- Menstrual cramping
- Numbness and tingling sensations
- Skin and chemical sensitivities

Correct diagnosis of fibromyalgia is very elusive, so if you are diagnosed with the disorder -- or suspect that you have it-- seek the opinion of more than 1 health care provider. Ruling other conditions out first is very important, since thyroid conditions, hormonal imbalances and even nutritional deficiencies are just a few issues that may be responsible for your symptoms.

Treatment Alternatives

If no underlying cause for your symptoms is identified, you may have classic fibromyalgia. Traditional treatments include a prescription of prednisone, anti-inflammatory agents, antidepressants, sleep medications, and muscle relaxants. These can relieve the symptoms temporarily, but they do produce sometimes very serious side effects.

As your chiropractor, we suggest a more natural and more effective approach, which can be successful only with the patient's "active" participation. The following approaches have been proven helpful:

- Vitamin therapy, consisting of a combination of magnesium, malic acid and B vitamins.
- Changing your fat intake – eating more omega-3 fatty acids and fewer saturated fats.
- Eating a more anti-inflammatory diet with more fruits, veggies and Juice Plus.
- Improving your quality of sleep by avoiding caffeine, and TV and computer usage prior to bed.
- Stress-managing strategies such as cognitive therapy, yoga and meditation, Pilates, tai chi, mild stretching and breathing techniques.
- Acupuncture

Chiropractic care has consistently ranked as one of the therapeutic approaches that offer the most relief for the fibromyalgia patient. Your doctor of chiropractic has the knowledge, training, and expertise to help you understand your problem and, in most cases, manage it successfully. Source: ACA American Chiropractic Association

CALL US TODAY FOR HELP RELIEVING YOUR PAIN. 314.644.2081

Testimonials:

-“...One year ago, I slept away a entire two-week vacation, I didn't have the energy to do all the normal fun things...What a difference a year makes! I found you, wonderful doctor, and Juice Plus+, I got my health back.” **Donna Howdeshell**

-“...When I arrived in this office...my whole body hurt...my knees, feet, back, shoulders, arms...I was miserable. After only one month of treatments and adjustments I am so much better!” **Sr. Fran Raia, cpps**