

Coping with Fibromyalgia

Often people with fibromyalgia have undergone many tests and have seen many specialists while in search of an answer. This leads to fear and frustration, which may increase the pain. People with fibromyalgia often are told that, since they look well and their tests are normal, they are not suffering from a real disorder. Their family and friends, as well as physicians may doubt the reality of their complaints, increasing their feelings of isolation, guilt, and anger.

You and your family should understand that fibromyalgia is a real cause of chronic pain and fatigue and must be dealt with as any chronic illness. Yet, fibromyalgia is not life-threatening and causes no deformity. Although symptoms may vary, the overall condition rarely worsens overtime.

Often just knowing fibromyalgia is not a progressive, crippling disease allows people to stop additional expensive testing and develop a more positive attitude toward their condition. Relaxation techniques also may be helpful. You should examine your own sleep patterns and avoid aggravating factors such as excess caffeine and alcohol. If you feel depressed or very anxious, it is important to get help from a mental health professional. The more you learn about your condition, and the more you actively seek the best means to lessen your symptoms, the better the outcome.

Support groups and educational classes organized by the Arthritis Foundation have been helpful to many people with fibromyalgia. Just knowing that you are not alone can be a source of support.

Some people with fibromyalgia have such severe symptoms that they are unable to function well at work or socially. These individuals may require greater attention in a program that employs physical or occupational therapists, medical social workers, rheumatology nurses, mental health professionals, rehabilitation counselors, and sleep specialists.

With proper therapy, most people with fibromyalgia improve and are able to deal with their complaints. However, a better understanding of the causes and aggravating factors in fibromyalgia is needed so that more treatment and even prevention can be developed. Call Dr. H Rand Scott at Newport Pain Management for a consultation at 949 759-8400. For more information about pain, go to www.newportpain.com