

# What Causes or Triggers Fibromyalgia?

The single exact cause of fibromyalgia is unknown. Many different factors, alone or in combination, may trigger this disorder. There may be a genetic predisposition for fibromyalgia. At this time, having a certain genetic make up does not appear to definitely cause fibromyalgia. But, perhaps a person with a certain genetic makeup may have fibromyalgia triggered by any number of stresses, such as an illness, physical trauma, emotional trauma, or hormonal changes. This result is the generalized pain, fatigue, sleep, and mood problems that characterize fibromyalgia.

Physical or emotional trauma could precipitate fibromyalgia in a number of ways. For example, a physical trauma such as having an infection or flu could lead to certain hormonal or chemical changes that promote pain and disturb sleep. Also, people with fibromyalgia may become inactive, depressed, and anxious about their health, further aggravating the disorder.

In recent years, studies have shown that in fibromyalgia the muscle is especially vulnerable to decreased circulation and minor injury. Therefore, smoking and inappropriate exercise or poor posture may aggravate fibromyalgia. Research has also looked at the role of certain hormones or body chemicals that may alter pain, sleep, and mood. There is physical evidence in fMRI's and PET scans that show fibromyalgia patients have differences in the way the brain processes normal pain information. There is current research into an autoimmune cause for fibromyalgia. Eventually, this research should result in a better understanding of fibromyalgia, as well as more effective treatment, and even prevention.

H Rand Scott, MD at Newport Pain Management can get you on the road to recovery. Call 949 759-8400 for an appointment. For more information go to [www.newportpain.com](http://www.newportpain.com)