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ALL ABOUT

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# FIBROMYALGIA

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**F**IBRO means fibrous tissue and Myalgia means muscle pain. Fibromyalgia(FM) is a whole body musculoskeletal chronic pain syndrome. It is one of the commonest entity in general population but rarely diagnosed and treated properly. The reason being unawareness about its existence.

Though pain is the major complaint, a person with FM, sometimes feels tired during routine activities, can not concentrate on one thing, forgets small recent things, gets stiffness in the body in the morning, feels depressed or anxious, may not get a sound sleep. He or she may get headache, loose motion or constipation, frequency or urgency for urination for which no cause is found after spending lot of money and time on various tests and doctors. FM is found to be common in females than males. The cause of FM is not known but some muscular injury in the past can be a reason.

Myofascial trigger points for pain is most important diagnostic clue for FM. These points can be located at Neck (back/front), Shoulder, Elbow, Waist, Knee. Also, there can be pain in Jaw, Chest, Abdomen, Arm and Leg. This condition is well diagnosed and treated in Pain Clinics.

The management of FM is multimodal.

Trigger points which start the pain are to be treated first. Oral medications, Hot and cold therapy, Injections with specific medicines and in specific amount and at specific time interval are few examples of therapy. Physiotherapy, exercise, REBT, Biofeedback, relaxation techniques, Life style modifications are adjuvants.

So friends consult your Pain physician if you are suffering from these problems for a long time. It is well said 'better to be late than never'.

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