

Characteristics of Fibromyalgia Treatments

Fibromyalgia is a serious neurological condition that causes pain in the musculoskeletal system. People who suffer from fibromyalgia also feel pain in the tendons, ligaments and the areas of the joints. Another characteristic of fibromyalgia is a pronounced state of fatigue that takes over the entire body. The symptoms of fibromyalgia resemble those of rheumatoid arthritis and due to this fact, fibromyalgia may be misdiagnosed. However, unlike people with physical illnesses, the people with fibromyalgia seem to be in perfect health. Although the pain reported by people with fibromyalgia is present, it occurs on the premises of abnormal brain activity. People who suffer from fibromyalgia have a very sensitive nervous system and a low tolerance to external stimuli. Increased nervous excitability is considered to be the cause of the intense, recidivating pain experienced by people with fibromyalgia. Statistics indicate that more than 3.7 million Americans are diagnosed with fibromyalgia. This is a disturbing fact, as modern medicine hasn't yet discovered a specific cure for this type of neurological disorder. In fact, although scientists have established a connection between abnormal brain activity and the symptoms of fibromyalgia, the exact causes responsible for the development of the disorder remain unknown. In present, fibromyalgia treatments are solely focused on ameliorating its symptoms, instead of overcoming its causes. Although most fibromyalgia treatments can ease the muscular pain and discomfort characteristic to all people with the disorder, these symptoms seem to reoccur on a regular time bases. This is due to the fact that fibromyalgia is a chronic disorder and therefore it needs ongoing treatment. Fibromyalgia treatments mostly consist of painkillers and anti-inflammatory drugs (used solely for their analgesic properties). However, apart from intense pain, many people with fibromyalgia complain about having trouble sleeping and feel a pronounced state of fatigue throughout the whole body. Therefore, in some particular cases, fibromyalgia treatments may include sedatives in order to correct the patients' sleeping problems. As a consequence of the fact that modern medicine is unable to trace the actual causes of the disorder, the symptoms of fibromyalgia can only be corrected by prescribing a certain treatment for each individual symptom. Therefore, the majority of fibromyalgia treatments consist of many types of medicines that target different aspects of the disorder. Other physical symptoms of fibromyalgia are: migraines, lack of concentration, body weakness, decrease of the short-term memory, accelerated heart rate, nausea, abdominal pain and bloating, vomiting and diarrhea. When patients are confronted with these symptoms, the fibromyalgia treatment includes medicines appropriate for each particular problem. Fibromyalgia can even cause depression and in this case the fibromyalgia treatment will include anti-depressives. The multitude of fibromyalgia symptoms requires a multitude of fibromyalgia treatments. Due to this fact, many people who follow ongoing medication either develop increased tolerance to drugs and need higher doses (especially in the case of analgesics and sedatives), or they start feeling even worse than before due to the side-effects of the fibromyalgia treatment. However, there are other forms of fibromyalgia treatments that can relieve the symptoms of the condition without relying on drugs. These fibromyalgia treatments involve kineto-therapy and massage therapy. By stimulating the trigger points on the body (the places where the pain is the most intense) and through the means of therapeutic massages, the muscular pain and fatigue can be diminished. Medical experts strongly recommend these forms of therapy instead of ongoing fibromyalgia treatments that involve drugs.

About the Author

Studies have shown that cognitive therapy is an effective treatment for. Cognitive behavior therapy should be considered to treat adolescents.

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