

Title:

Causes of Fibromyalgia

Word Count:

389

Summary:

Although there is no exact treatment for fibromyalgia, but some preventive measures can be taken.

Keywords:

Fibromyalgia, causes of fibromyalgia, Epstein Barr Virus, Immune Disorders, Sleep trouble, lupus

Article Body:

Although there is no exact treatment for fibromyalgia, but some preventive measures can be taken.

As there is no specific medicine for fibromyalgia, doctors try to reduce the pain and increase the quality of life.

Analgesics: Acetaminophen (Tylenol, others) may reduce the pain and stiffness caused by fibromyalgia.

Antidepressants: Doctors advise antidepressant medications, such as amitriptyline, nortriptyline, and doxepin.

Muscle relaxants: Taking the medication cyclobenzaprine (Flexeril) at bedtime may help to reduce muscle pain.

Doctors strictly oppose consumption of sleeping pills and pain killers. Patients sometimes use them to get a good night's sleep.

Some self-made measures can also be effective to prevent fibromyalgia. These procedures can help to reduce the pain and stiffness.

- * Proper workout include walking, swimming, biking and water aerobics. A physical therapist can help to design a workout plan.
- * Stretching, Free-hands, Good posture and relaxation workouts are also helpful.
- * Develop a plan to avoid or limit over-exertion and poignant stress. Give yourself time to rest.
- * Exercise stress lessening techniques, such as deep-breathing exercises, meditation and yoga.
- * Leading a very healthy and simple lifestyle can also help to prevent fibromyalgia.

This is a demo version of txt2pdf v.10.1

Developed by SANFACE Software <http://www.sanface.com/>

Available at <http://www.sanface.com/txt2pdf.html>