

MEDICAL NEWS

It Hurts All Over! Don't Be a Prisoner of Your Pain

by Dr. Nesreen Suwan

You hurt all over, and you frequently feel exhausted. Even after numerous tests, your doctor can't find anything specifically wrong with you. If this sounds familiar, you may have fibromyalgia.

Fibromyalgia is a chronic disorder that has been underestimated and under diagnosed by both patients and physicians. It is characterized by widespread musculoskeletal pain, fatigue and multiple tender points, which occur in precise localized areas, particularly in the neck, upper back, lower back, shoulders and hips. Sleep disturbances, morning stiffness, irritable bowel syndrome, anxiety, headaches, difficulty concentrating, tingling sensation in the arms, legs or whole body, and severe or excessive fatigue may be associated with fibromyalgia.

According to the American College of Rheumatology, fibromyalgia affects about 6 million Americans. It primarily occurs in women of childbearing age, though anybody could be affected.

Because many of the symptoms mimic those of other diseases, a clinic specializing in Fibromyalgia, may offer many options for evaluation and management. Fibromyalgia sufferers may experience endless challenges. Starting from chronic disabling pain, which may be associated with normal diagnostic testing, to the presence of mild abnormalities in some diagnostic testing that may not explain the full blown Fibromyalgia Syndrome.

The Fact that Fibromyalgia presents with many unrelated symptoms make it difficult to fall in a specific medical specialty, and because of the complicated nature of the condition, it may not fit into a busy general medicine practice.

Because of the chronic all body pain that would be aggravated with movements and adjustments, physical therapy and chiropractic management may not be



possible with uncontrolled Fibromyalgia conditions, and the pain could be worsened.

Fibromyalgia does fall into this unwanted territory that no specific medical specialist wants to assume responsibility.

Not being able to do basic chores at home may impact the family life of Fibromyalgia sufferers.

Being non productive or less efficient at work, or not able to work at all may have a very negative impact on the economy.

Weight gain could be a significant associated medical condition that would worsen with inability to exercise because of pain. Weight gain may in turn make chronic pain and headache condition worse, added to its devastating effect on the general health, blood pressure and diabetes.

This would establish a circle that will never stop.

Fortunately there is a growing recognition of this condition, and recent advancement in medical science may brighten the outlook of the nearly 6 million sufferers. Currently, there are 3 FDA approved medications for the treatment of Fibromyalgia, beside other non pharmaceutical modalities offered in our specialty clinic.

DR. Suwan is Loyola University Medical Center trained neurologist. She is board certified neurologist, who specializes in the treatment of headaches, pain and fibromyalgia. She is triple board certified, in Neurology, Electrodiagnostic medicine, and Pain medicine with extra certification in Headache Medicine.

She is recognized as national speaker in Headache and Fibromyalgia management. She is the Director of Advanced Chicago headache and Fibromyalgia clinic, which is affiliated with Adventist Hinsdale Hospital Pain center of Excellence.

IS THE PAIN OF CHRONIC HEADACHE OR FIBROMYALGIA AFFECTING YOUR LIFE?

WE CAN HELP!

With the Latest Advances in Medical Science,
Headache or Fibromyalgia Should Not to be a Part of Your Life

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