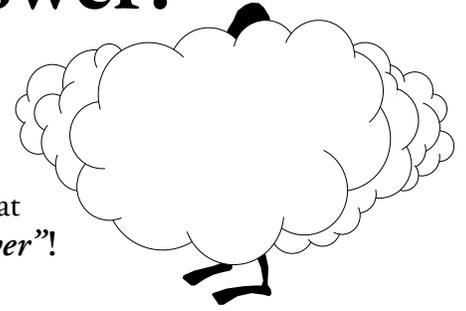


Fibromyalgia

What's the Final Answer?

Is there anything new under the sun for fibromyalgia (FMS) since the 1990 research criteria was written? What once was diagnosed as a muscle-joint problem appears to be more complex. What do we really know today? One thing is for sure, *there is no "final answer"!*



1 Fibromyalgia's new name could be as:

- a) an amplified pain syndrome
- b) non-articular pain disorder
- c) a central sensitivity syndrome
- d) any of the above

2 There is still no known cause, or effective treatment.

- a) True
- b) False

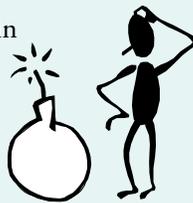


3 Energy production is faulty due to a suspected:

- a) mitochondrial dysfunction
- b) magnesium deficiency
- c) CoQ10 deficiency
- d) a & b

4 The following are FMS functional abnormalities.

- a) brain & specific neurotransmitters
- b) muscle cell metabolisms & peripheral pain
- c) hyperactive sympathetic response system
- d) all of the above



5 FMS is the same as ME/Chronic Fatigue.

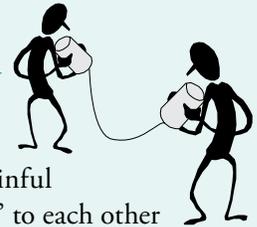
- a) true
- b) false

6 These supplements have research studies:

- a) Fibro-Care™
- b) CoQ10
- c) Ginkgo Biloba
- d) all of the above

7 Brain scans show sensory abnormalities:

- a) to painful situations
- b) to non-painful felt as painful
- c) in how brain areas "talk" to each other
- d) b & c



8 Exercise can improve FMS symptoms.

- a) True
- b) False
- c) Maybe



A Smart defense is the best offense! Here's your Answer Key:



1) c. Dr. Muhamed Yunus has proposed the name change to cover all FMS symptoms and overlapping conditions (*Semin Rheum Arth* 2008). **2) a.** Based on published research outcomes, relief is limited; however, our customers offer rave reviews for complementary therapy! **3) d.** Mitochondria make energy and magnesium is *required*. Dr. M. Cordero's studies are specific to FMS with CoQ10 making a difference to mitochondria function. **4) d.** These areas show potential cause of pain modulation; low serotonin, faulty dopamine in the brain, energy production in muscles, and hyperactive painful response to non-painful events (FMS Review, Akiko et al, *Pain Ther* 2013). **5) b.** Research show pathological differences although symptoms do overlap (Abbi et al, *QJMed* 2013). **6) d.** Published studies done in 1995, 2009-2014, 2002 respectively. **7) d.** Per MRIs and SPECT scans (Read Dr. Fanto's *Fibromyalgia, Pain & the Brain* article online). **8) c.** It's an age-old question and the right answer may be what works for YOU. Exercise if you can without pain; otherwise, just keep moving. Aquatics and stretching seem the most agreeable to most FMSers. According to Akiko et al, some with FMS have a hyperactive response to exercise (see #4 answer).

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