

### FIBROMYALGIA

Issue 13

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**F**ibromyalgia is a common syndrome in which a person has long-term, body-wide pain and tenderness in the joints, muscles, tendons, and other soft tissues.

Fibromyalgia has also been linked to fatigue, sleep problems, headaches, depression, and anxiety

#### CAUSES, INCIDENCE & RISK FACTORS

The cause is unknown. Possible causes or triggers of fibromyalgia include:

- Physical or emotional trauma
- Abnormal pain response - areas in the brain that are responsible for pain may react differently in Fibromyalgia patients
- Sleep disturbances
- Infection, such as a virus, although none has been identified
- Fibromyalgia is most common among women aged 20 to 50.

#### SYMPTOMS

Pain is the main symptom of fibromyalgia. It may be mild to severe.

- Painful areas are called tender points. Tender points are found in the soft tissue on the back of the neck, shoulders, chest, lower back, hips, shins, elbows, and knees. The pain then spreads out from these areas.
- The pain may feel like a deep ache, or a shooting, burning pain.
- The joints are not affected, although the pain may feel like it is coming from the joints.

People with fibromyalgia tend to wake up with body aches and stiffness. For some patients, pain improves during day & gets worse at night while others have pain all day.

Pain may get worse with activity, cold or damp weather, anxiety, and stress.

Fatigue, depressed mood, and sleep problems are seen in almost all patients with fibromyalgia. Many say that they can't get to sleep or stay asleep, and they feel tired when they wake up.

Other symptoms of fibromyalgia may include:

- Irritable bowel syndrome (IBS)
- Memory and concentration problems
- Numbness and tingling in hands and feet
- Palpitations
- Reduced ability to exercise
- Tension or migraine headaches

#### SIGNS & TESTS

To be diagnosed with fibromyalgia, you must have had at least 3 months of widespread pain and pain and tenderness in at least 11 of 18 areas, including

- Arms (elbows)
- Buttocks
- Chest
- Knees
- Lower back
- Neck
- Rib cage
- Shoulders
- Thighs

Blood and urine tests are usually normal. However, tests may be done to rule out other conditions that may have similar symptoms.

#### TREATMENT

- The goal of treatment is to

help relieve pain and other symptoms, and to help a person cope with the symptoms.

The first type of treatment may involve:

- Physical therapy
- Exercise and fitness program
- Stress-relief methods, including light massage and relaxation techniques
- If these treatments do not work, your doctor may prescribe an antidepressant or muscle relaxant. The goal of medication is to improve sleep and pain tolerance. Medicine should be used along with exercise and behavior therapy.

Cognitive-behavioral therapy is an important part of treatment. This therapy helps you learn how to:

- Deal with negative thoughts
- Keep a diary of pain and symptoms
- Recognize what makes your symptoms worse
- Seek out enjoyable activities
- Set limits

Support groups may also be helpful.

Other recommendations include:

- Eat a well-balanced diet
- Avoid caffeine
- Practice good sleep routines to improve quality of sleep.
- Acupressure and acupuncture

#### PROGNOSIS

Fibromyalgia is a long-term disorder. Sometimes, the symptoms improve. Other times, the pain may get worse and continue for months or years.

#### PREVENTION

There is no known prevention.

**"He who enjoys good health is rich, though he knows it not."**

**- ITALIAN PROVERB**

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Over several generations, modern life has added a host of ear-damaging elements to the list, including some medications and plenty of sources of loud, continuous noise.

**Advanced age** is the most common cause

**Noise** wears down hearing if it's loud or continuous.

**Certain medications** can impair hearing and/or balance. These include some antibiotics and chemotherapy drugs, aspirin, loop diuretics, a drug used to treat malaria, and several drugs for erectile dysfunction.

**Certain illnesses**, such as heart disease, high blood pressure, and diabetes, put ears at risk by interfering with

as children's and female voices, and the sounds "S" and "F" become harder to decipher. Other symptoms of hearing loss include:

- Trouble understanding phone conversations
- Trouble hearing above background noise
- Trouble following a conversation when more than a person speaks
- Perception that people are not speaking clearly or mumbling
- Often misunderstanding what people say and responding inappropriately
- Often having to ask people to repeat themselves
- Frequent complaints by others that the TV is too loud
- Ringing, roaring, or hissing sounds in the ears, known as tinnitus

**Moderate hearing loss.** You often need to ask people to repeat themselves during in-person and telephone conversations.

**Severe hearing loss.** Following a conversation is almost impossible without a hearing aid.

**Profound hearing loss.** You cannot hear other people speaking, unless they are extremely loud. Without a hearing aid or cochlear implant you cannot understand speech.

### TREATMENT

Treatment depends on the type and source of hearing loss. Prompt medical treatment for sudden hearing loss may increase the chance of recovery. People with permanent hearing loss need to learn how to func-



“Certain illnesses, such as heart disease, high blood pressure, and diabetes, put ears at risk by interfering with the ears' blood supply.”

## HEARING LOSS

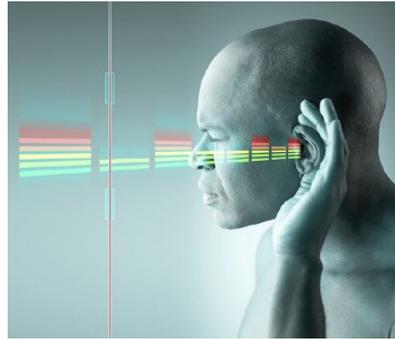
the ears' blood supply. Otosclerosis is a disease of the middle ear and Ménière's disease affects the inner ear. Both can cause hearing loss.

**Trauma**, especially that which involves a skull fracture or punctured eardrum, puts ears at serious risk.

**Infection or earwax** can block ear canals and reduce hearing.

### SYMPTOMS

In many cases, hearing fades so slowly, its departure goes unnoticed. At the early stage of hearing loss, high-pitched sounds, such



### HEARING LOSS LEVELS

**Mild hearing loss.** One-on-one conversations are fine but it becomes hard to catch every word in the presence of background noise.

tion with the hearing they still have. Most people with permanent hearing loss can benefit from using a hearing aid.

### CARE FOR EARS

With so many untreatable cases of hearing loss, prevention is your best ticket to long-term hearing. Wear earplugs when you're exposed to sounds as loud as or louder than traffic. When possible, move away from the source of the noise. Hearing loss is often permanent, so do what you can to protect one of your most valuable natural assets.



Oats are recommended as a part of diet to aid weight loss in overweight individuals

## BENEFITS OF OATS

- **Lower Cholesterol Levels:** Studies show that in individuals with high cholesterol (above 220 mg/dl), consuming just 3 grams of soluble oat fiber per day (an amount found in one bowl of oatmeal) typically lowers total cholesterol by 8-23%
- **Unique Oat Antioxidants** Reduce Risk of Cardiovascular Disease: Antioxidant compounds unique to oats, called avenanthramides, help prevent free radicals from dam-

aging LDL cholesterol, thus reducing the risk of cardiovascular disease

- **Significant Cardiovascular Benefits for Postmenopausal Women :** Eating a serving of whole grains, such as oats, at least 6 times each week is an especially good idea for postmenopausal women with high cholesterol, high blood pressure or other signs of cardiovascular disease

- **Enhance Immune Response to Infection:** A constituent of Oats, beta-glucan significantly enhanced the human immune system's response to bacterial infection.
- **Stabilize Blood Sugar :** Beta-glucan has beneficial effects in diabetes control.
- **Weight Loss:** Oats are recommended as a part of diet to aid weight loss in overweight individuals.

## OUR SERVICES

### SECOND MEDICAL OPINION

We provide a second medical opinion service from independent consultants on our empanelled list of qualified doctors. They provide an unbiased opinion of your current medical condition with treatments that are required to cure the illness. We request you to raise a query with us and upload/ attach your current medical diagnosis for us to get back to you with an opinion and the treatment required. Further, if the patient seeking opinion opts to go for a treatment in our network hospitals, other details can be provided.

### ELECTIVE SURGICAL PROCEDURES

CareAsia brings to you a wide range of elective surgical procedures to choose from at an affordable cost and uncompromised quality. We have in our network the best hospitals and surgeons across country who indulge in best surgical practices keeping the quality and patient safety at forefront. CareAsia would assist you to select a hospital in the preferred location and would arrange for your travel and stay throughout the treatment as selected. We would request you to go through our package details for making the best choice for yourself. We also provide second medical opinion services to enable you to make informed decisions. We also offer customized packages for treatment in India. Apart from the medical treatment we also offer various value add-ons like customized tourism options and visa and immigration assistance. To avail our services please sign up and create your profile.

### WELLNESS PROGRAMME (COMPLETE HEALTH CHECK UP)

Our wellness program offers one of the most comprehensive and thorough medical check up for assessing your health status. The 360 degree screening investigates your health and renders detailed consultations with specialists. The detailed examination will not only identify any ailment you may be suffering from, but also identifies any affliction you might suffer in the future and recommends remedial action for the same. There will be consultations after the tests with renowned consultants and guidance for future course of action if any required.

### ELECTRONIC MEDICAL RECORD MANAGEMENT

The Electronic Medical Record Management system developed by CareAsia is best defined as **Your Virtual Health Manager**. Salient product features of EMRM are:

1. Unlimited Medical Record Storage of all types whether it be prescriptions, discharge summaries, digital scan images, imaging reports, or any pathological investigation report.
2. Digitization of Medical Records. The system picks out data from your scanned medical records and digitizes it so as to process your raw information to give you useful information.
3. Customized Reporting. All the reports submitted by users are processed and a summary/detailed report is generated as per the user's needs.
4. Intelligent Alerts. Once you upload the data, the system processes it using our algorithms and generates alerts, reminders, warnings, etc to assist your healthcare needs through a very user friendly interface. For example, the CareAsia EMRM system immediately updates your records to show the reports that are out of bounds and what are the parameters that are off limits or it could update the user about a lab report that might be very old and would recommend a retest for the same

**DO YOU HAVE  
REVIEWS?  
WANT TO SUBMIT  
ARTICLES?  
DO YOU HAVE  
QUERIES?**

**Do write to us with  
feedback, queries,  
articles on health be  
it humor or  
educative and we  
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become a part of our  
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**CareAsia**, a brand of Vipul MedCare Pvt. Ltd., promoted by Vipul Group of India is focused on providing supreme healthcare services to patients searching for quality healthcare options at affordable prices across the globe. It serves as the bridge between patients seeking consultation, treatments, surgeries and top quality hospitals that facilitate efficient healthcare for visiting patients from abroad.

CareAsia intends to serve by providing value added services to its clients. It would serve patients beginning from the time the patient enquires from us to the time the patient gets his/her treatment performed and satisfactorily returns to the country of origin.

CareAsia has a strong presence within India (tie ups with major internationally accredited, top quality hospitals), which is one of the top destinations for medical tourism. Also, it has an international presence with offices in the Middle East and South East Asia to be a truly global organization in this industry.

We at Vipul MedCare strongly encourage patients to sign up with us over the web site or contact us to avail the best **medical tourism** options across the globe. With our 24/7 online support platform, helpdesk, dedicated trained staff, a strong network in the healthcare industry, and our excellent IT systems which would act as your life long electronic medical record keeper, we are confident to provide the best services to serve our clients.

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