

## Positive Treatment for Fibromyalgia

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Jennifer is a 46-year-old woman, mother of 4 with history of breast cancer status post surgical resection and chemotherapy, colon polyps status post removal, hypertension and hyperlipidemia, depression and anxiety disorders, obesity and fibromyalgia. She was diagnosed with breast cancer about 10 years ago and had quite extensive treatment. Fortunately there is no sign of recurrence and she has been followed by oncologist and surgeon. Two years after the cancer treatment, she was diagnosed with depression and anxiety disorder, hypertension and hyperlipidemia, and fibromyalgia by her primary care physician and rheumatologist. She was put on several medications for her medical disorders with anti-depression, sedatives, narcotics, NSAIDs and anti-neuropathic medication like neurontin/Lyrica. She became easily fatigued and sleepy all the time even though her generalized muscles ache is better controlled. She was not able to take care of her family and she feels very guilty.

She saw my article about fibromyalgia and came to my clinic to try her luck. After reviewing all her charts and careful examination, I decided to adjust her medication. I significantly decreased her sedatives, narcotics and anti-neuropathic medications. I also added stimulant and vitamin B12 to boost her energy and function. In the follow-up visit one month later, she looked like a new woman. She told me that she is able to do house chores now and clean up the whole house. She even started to do exercise. She is so happy that she is able to do what she wants to do and her whole family is happy. Over the last three years, she has been doing well, though I had to adjust her medication dosage several times to make things working for her.

Patients with fibromyalgia are usually treated with large amount of sedatives, Narcotics and anti-neuropathic medications to help them deal with pain and anxiety, but these medication significantly lead to drowsiness and fatigue, which will make patients socially dysfunctional. Positive treatment with stimulant often helps restore their social function and ease their fibromyalgia. How to use all current available medications to treat fibromyalgia is critical for the management of those patients. The physicians need to know all these medications very well and find a balance among these medications to maximize the benefits and minimize the side effects. If you are suffering from fibromyalgia, please contact Dr. Jeff Ye, MD, PhD at North Atlanta Medical and Digestive Care 770-346-0900, We can help!