



## **Fibromyalgia Syndrome: From Proper Diagnosis to New Treatment Options**

*By Dr. Danny Jui, ND*

### **What is Fibromyalgia?**

Fibromyalgia Syndrome (FMS) is a common clinical syndrome characterized by widespread pain and muscle tenderness often accompanied by chronic fatigue, sleep disturbance, and depressed mood. It is the second most common rheumatologic condition after osteoarthritis in North America.

### **How is Fibromyalgia Diagnosed?**

The exclusion of other medical conditions with similar symptoms is the first step in the proper diagnosis of FMS. Medical conditions such as anemia, blood sugar imbalance, hypothyroidism, rheumatoid arthritis, Lyme disease, among many others need to be thoroughly investigated based on the individual's specific clinical history. The next step is to confirm or exclude the diagnosis of FMS working with a rheumatologist.

### **What Treatment Options Are There?**

Going beyond conventional pharmacotherapy for symptom relief, naturopathic medicine uses evidence-informed natural approaches to address the potential underlying causes of fibromyalgia. Current research has identified four main clinical correlations with fibromyalgia: 1) exhausted or confused immune system 2) physical trauma at various levels 3) psychological stress and trauma and 4) weak or damaged digestive tract. Specific naturopathic interventions such as essential fatty acids, acupuncture, and certain vitamins and minerals have been shown to be beneficial for people recovering from fibromyalgia. The latest research has also placed a positive spotlight on Intravenous Micronutrient Therapy, a treatment which had already received many successful anecdotal reports for treating fibromyalgia. In this study, all participants reported increased energy and activities of daily living as well as a 60% reduction in pain and an 80% decrease in fatigue at the end of the 8-week treatment period.

### **What is Intravenous Micronutrient Therapy?**

Intravenous Micronutrient Therapy (IVMT) is a high-dose combination of calcium, magnesium, vitamin B-complex, and vitamin C delivered using standard IV techniques. IV delivery allows for absorption of higher concentrations of the nutrients than would be possible from oral doses. This treatment is designed to allow the body to recover optimally as a result of more efficient use of these nutrients. Patients typically receive eight weekly treatments and then are re-assessed.

### **Am I a Candidate for IVMT?**

A complete history intake, relevant physical exam, and certain baseline lab tests are recommended in order to determine the appropriateness of IVMT for you. There are certain medical or physiological

conditions that may prevent you from receiving this therapy. Working with experienced physicians in the area of IVMT and fibromyalgia is an important step to ensuring a proper diagnosis and appropriate treatment options for you and your family.

**Dr. Danny Jui** is the first Canadian naturopathic doctor to complete the residency in Evidence-Based Integrative Medicine at Yale University and is the Co-Director of Ray Clinic. If you have any questions or would like to book a consultation with Dr. Jui, please call 604-461-7900 or visit [www.rayclinic.ca](http://www.rayclinic.ca)

**To learn more, join Dr. Jui for a seminar:**

**Wednesday, June 23, 2010, 7:00-8:30pm** at the Canadian Memorial Centre for Peace, 1825 W. 16<sup>th</sup> Ave. (at Burrard), Vancouver. Cost is \$10 (cash only please) at the door, net proceeds to local charity. **To register:** call 604-736-0009 Monday to Friday, 8:00-4:30.