

# Medical NEWS



## YOU HURT ALL OVER, IT COULD BE FIBROMYALGIA

You hurt all over, and you frequently feel exhausted and tired. 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 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 excessive fatigue may be associated with fibromyalgia.

Dr. Suwan

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.

Fibromyalgia presents with many unrelated symptoms. This makes it difficult to categorize it under 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 may be aggravated with movements and adjustments, physical therapy and chiropractic management may not be possible with fibromyalgia flare-up because they may worsen the pain. As such, a clinic specializing in fibromyalgia may offer more options for evaluation and management.

Fibromyalgia may impact the family life of fibromyalgia sufferers. Being unproductive or less efficient at work or school or not being able to work at all may negatively impact a sufferer's financial situation.

Fortunately, there is a growing recognition of this condition, and recent advancements in medical science may brighten the outlook for sufferers. There are many FDA-approved medications for the treatment of fibromyalgia, besides other non-pharmaceutical modalities including nerve blocks, trigger point injection, Botox injection, and laser therapy for pain.

Laser therapy is an FDA-cleared modality that reduces inflammation and ultimately results in pain reduction. Laser therapy is effective in treating acute and chronic pain.

Laser therapy treatment is safe and painless. Typically patients see results after three to five treatment sessions. Deep tissue laser therapy utilizes your body's own healing powers by stimulating cellular activity, and initiates a healing process that continues to actively reduce inflammation. It is great for fibromyalgia and associated pain conditions such as arthritis, joint pain, pinched nerve pain, and neck and back pain. It does not mask the pain but works on the underlying inflammation that is causing the pain.

*Dr. Suwan specializes in the treatment of headaches, pain, and fibromyalgia. She is board-certified in neurology and pain and headache medicine. She is highly recognized as a national speaker. She operates a headache and fibromyalgia clinic in Lisle that is affiliated with Adventist Hinsdale Hospital Pain Center of Excellence. (630) 420-8080 • <http://controlchicagopain.com>*

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fibromyalgia  
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# Anti-Aging NEWS

BY DR. NESREEN SUWAN

## LASERS: The Amazing Anti-Aging Revolution

If we are talking women's beauty, lasers will be the lead that every woman should know about. Sophisticated science meets beauty and youth when lasers are used for many anti-aging procedures.

Every woman knows the requirements for a youthful feel and look. Rejuvenated tight skin that is acne-, color-, and age-spots free. A tight slim body. Full healthy hair.

Lasers could be used to grow hair and get rid of unwanted fat areas, but in this article I will talk about the use of laser in skin applications.

Generally all laser machines are light-based and target various cells to eliminate wrinkles, scars, pigmentation, age and sun damage spots, spider veins, acne, rosacea.

The least invasive type of non-ablative fractional laser will address fine lines and pores and will result in smoother, glowing skin.

Another type of light-strength laser will decrease redness and broken blood vessels in the skin, by picking up the red and pink pigment in broken capillaries.

Laser hair removal is based on absorption of the laser energy by hair follicle melanin, stopping the hair growth cycle and resulting in hair-free smooth skin after a series of treatments.

Tattoo removal is possible with medium-strength laser.

Heavier lasers could be non-ablative or ablative. They could address deeper wrinkles, acne scars, and discoloration. Since they go deeper in the skin, they require longer healing time.

The right laser choice and satisfaction are based on the clinical condition, cost, down time, and expectations.



Dr. Suwan

## Connecting the Dots

### Bioidentical Hormones and Menopause

Many symptoms can occur in any woman before, during, or after the menopause transition, including heavy or irregular bleeding, severe migraines, cyclic depression and mood changes, hot flashes, and night sweats. Typically, doctors treat these symptoms by controlling periods with birth control pills or synthetic hormone replacement pills. Modern studies have shown that use of these synthetic hormones increases the risk of breast cancer and blood clots that can lead to death. (Sources: Women's Health Initiative Study, National Cancer Institute). Sometimes antidepressants are added to treat the mood symptoms. Other side effects include headaches, nausea, skin changes, sexual problems, and weight gain!

Typically the dosages of the synthetic hormones given are more potent than the body's normal natural production at that age and serve to suppress the body's natural hormone output.

At VIP Anti-Aging and Wellness, we use saliva to accurately test key hormone levels. By replacing the deficient hormones with

bioidentical hormones, natural balance is restored. This often results in resolution of symptoms without side effects. Levels can be re-checked to ensure balance is maintained.

Menopausal symptoms should never be written off as "normal aging." With the right testing, we can find the specific cause and customize the therapy to each individual person.

*Dr. Suwan is an anti-aging specialist with extensive training and certification in anti-aging medicine, bioidentical hormones, cosmetic procedures, aesthetic laser, PRP (vampire) therapy for skin rejuvenation, and hair restoration. SKYPE consultation is available. (630) 420-8080*



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