

About Fibro Fact Sheets

Information on Fibromyalgia Syndrome
Fact Sheet 13

How Is Fibro Treated?

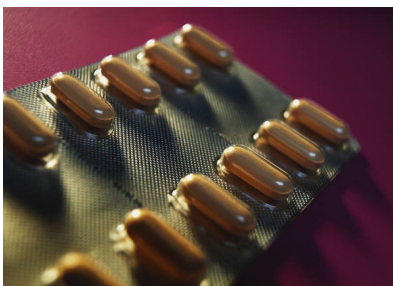
Other Medications

Anti-convulsants used in the treatment of Fibro include **Pregabalin** and **Gabapentin**. Pregabalin (Lyrica) was the first drug to be officially approved for the treatment of Fibro by the American Food & Drug Administration. It was originally developed as an anticonvulsant and is the more modern form of the similar medication Gabapentin (Neurontin). This kind of medication was then found to be useful in the treatment of neuropathic pain. As well as helping pain levels, some Fibro patients have found that it can help with sleep and some other symptoms^{3,13,27,33}.



Muscle relaxants are sometimes used to help manage Fibro when muscle spasms, stiffness and myofascial tension are a problem. Many muscle relaxants also have a sedative effect that may help with sleep issues. These medications include **baclofen**, **cyclobenzaprine** (Flexeril) and **tizanidine** (Zanaflex). Other medications, such as TCAs and benzodiazepines also have a muscle relaxant effect.

Benzodiazepines and related medications have been shown in some studies to have a beneficial effect on Fibro patients. They include **clonazepam** (Klonopin or Rivotril), **Lorazepam** and **olanzapine** (Zyprexa), a thienobenzodiazepine. Clonazepam and Lorazepam in particular are known to help with the sleep issues and muscle pain of Fibro and seems to work at reducing the autonomic arousal that is a part of Fibro^{15,36}. Some doctors are wary of using benzodiazepines, because of the possible side effects and risk of addiction, especially with long-term use, but for low dose, short-term or occasional use as a secondary medication, they can be helpful.



Fibro itself does not usually have inflammation associated with it and the use of **corticosteroids** (a common treatment for inflammatory conditions) is not recommended with Fibro³³. However, local corticosteroid injections are sometimes used as a treatment for inflammatory conditions that may be partly due to the Fibro, such as tendonitis or even myofascial trigger points.

References available online at: <http://www.fibroaction.org/Pages/About-Fibro-References.aspx>

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