

Ask Your Compounding Pharmacist

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WHAT IS FIBROMYALGIA?

Fibromyalgia is a disorder causing aches, pains, and “tender points” all over the body. The disorder affects millions of Americans, but 80 to 90 percent of those affected are women. The symptoms can range from mild discomfort and ache to widespread, chronic pain and fatigue. Other symptoms can include joint stiffness and pain, musculoskeletal pain, sensitivity, anxiety, depression, and memory impairment. Unfortunately, fibromyalgia is still very much a mystery making it difficult to diagnose and treat.

TREATMENT

There is no known cure for fibromyalgia; however, patients may find relief through a variety of different therapies such as pain medications, anti-seizure drugs, antidepressants, psychotherapy, hormone therapy and stress reduction. Nutrition also plays an important role in the treatment of fibromyalgia. Whole grains are much better than processed foods like white flour, white rice, and refined sugar. Dietary supplements like vitamin C, magnesium, vitamin B-12, and folic acid may be helpful in reducing fatigue.

As a compounding pharmacy, Kare Pharmacy can make customized transdermal pain creams and gels that may include NSAIDs, muscle relaxers, anesthetics, and neuropathic pain ingredients to alleviate the pain associated with fibromyalgia. Ask your doctor or our pharmacist whether a compounded pain cream may work for you.

- Alcohol-free, dye-free & preservative-free medications
- Discontinued / Short supply medications
- Required strength not available
- Required dosage form not available
- Economic hardship
- Side effect intolerance
- Alcohol-free medications
- Patients not responding to conventional drug therapy
- Medication taste

Do you have other difficult-to-solve medication questions that you would like our compounding pharmacist to answer? Email pharmacist@kare-rx.com and we may feature your question!

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