Commonwealth Honors Program

THIRD ANNUAL HONORS CONFERENCE

3 – 5 p.m.
WEDNESDAY, APRIL 17, 2013
Bedford Campus Center
Fibromyalgia Treatment: Where East Meets West

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What is Fibromyalgia?
- A syndrome characterized by chronic widespread pain
- Sufferers experience persistent fatigue, pain, unrefreshed sleep, and muscle/skeletal stiffness.
- Fibromyalgia may coexist with other chronic conditions such as migraines, irritable bowel syndrome, and lupus.
- Chronic fatigue syndrome, characterized by extreme fatigue, unrefreshed sleep, and muscle/joint pain, is often linked to the prevalence of fibromyalgia.
- Fibromyalgia affects approximately 3% of the population, with women being more affected than men.
- The disease typically presents with pain in the tender points when pressed, and it often affects those under 45 years of age.

What Causes FMS?
Possible Environmental Causes:
- Infection
- Trauma
- Abuse (physical, emotional, sexual)
Possible Genetic Causes:
- Hypersensitivity of the hypothalamic-pituitary-adrenal axis due to changes in hypothalamic function.
- Abnormalities of the autonomic nervous system, including the release of stress hormones, which may contribute to pain and fatigue.
- Polyviral infections in the lymphatic, immune, or central nervous systems.
- Increased cortisol and endorphin levels
- Ovarian activity
- Increased excitability of dorsal horn neurons

What is Fibromyalgia?
- A syndrome characterized by chronic widespread pain
- A cycle of pain and fatigue
- Multiple triggering factors

Possible Environmental Causes:
- Stress
- Overactivity
- Lack of sleep
- Poor nutrition

Possible Genetic Causes:
- Abnormalities of the hypothalamic-pituitary-adrenal axis
- Hypersensitivity of the hypothalamic-pituitary-adrenal axis

Alternative Treatments
- Yoga
- Mythical release
- Hypnotherapy
- Chinese herbs
- Acupuncture

Multimodal Treatments
- A combination of nerve and muscle stimulation, including electrical stimulation, acupuncture, and traditional Chinese medicine.
- Nerve and muscle therapy
- Tai Chi
- Acupuncture
- Hypnotherapy

Findings
- Stress relief reduces pain
- Acupuncture reduces pain
- Hypnotherapy reduces pain
- Chinese herbs reduce pain

Works Cited
DOMESTICATED ANIMALS AND HUMAN CULTURE

CULTURAL CHANGE

THE WIND OF HEAVEN

LITERATURE BOWL

National Geographic
BODY ART: The Torture for Beauty Across Cultures

Thesis:

Foot Binding: enduring pain, people's suffering, beauty imposed on women's bodies.

Cosmetic Surgery:

Conclusion:

Neck Elongation:

Scarification:

Corsetry:

Foot Binding: people's suffering, beauty imposed on women's bodies.
WOMEN'S Suffrage: The Acquisition for Franchise in Early 20th Century America.

Stereotypes
Greek Mythology

major source of temptation and evil

Early Christians

SIBLEY FALLS CONVENTION

Votes for Women

Women's Rights Convention

Elizabeth Cady Stanton

Votes for Women's Rights

19th Amendment to Constitution

Women's Equality Day