Commonwealth Honors Program

THIRD ANNUAL HONORS CONFERENCE

3 - 5 p.m.
WEDNESDAY, APRIL 17, 2013
Bedford Campus Center
Possible Environmental Causes:
- Hypothalamic-pituitary-adrenal axis due to changes in hypothalamic function.
- Abnormalities in calcium channel functions, lenticular portion of the brain, hypothalamic, central sympathetic, sympathetic system, and SNS-gonadal system.
- Polyneuropathies of genetic, sensory, or peripheral nerves, or paraneoplastic systems.
- Increased risk of dental and bone lesions.
- Increased risk of fibromyalgia.

What is Fibromyalgia?
- Also known as FMS.
- A syndrome characterized by chronic widespread pain.
- Suffers experience persistent fatigue, pain, unrefreshed sleep, and mucosal skeletal stiffness.
- Women experience a range of other symptoms, such as headaches, irritable bowel syndrome, Raynaud's Syndrome, chronic fatigue, and interstitial cystitis.
- Approximately 30% of the population is affected.
- Studies pain at 11 of 19 tender points, which is more than three times the number of normal individuals.
- Fibromyalgia is more common in women than in men.
- Fibromyalgia affects approximately 45 years old.

Fibromyalgia Treatment: Where East Meets West
Amy Wilson, Jean Cremins, Ph.D. Middlesex Community College

What Causes FMS?
Possible Genetic Causes:
- Hypothyroidism.
- Abnormalities in calcium channel functions.
- Increased risk of dental and bone lesions.
- Increased risk of fibromyalgia.

Multimodal Treatments
- Best results have been shown in studies that involved multimodal therapies such as low-grade exercise, stretching, and aerobic exercise.
- Acupuncture, relaxation, and medication.
- Myofascial release therapy and water-based exercise.

Works Cited

Alternative Treatments
- Acupuncture
- Myofascial release
- Hypnosis
- Electrotherapy
- Chinese herbs
- Acupuncture
- Acupuncture with cupping
- Acupuncture with laser therapy
- Physical therapy
- Myofascial release

Findings
- Treatments that reduce fatigue
- Acupuncture
- Myofascial release
- Exercise
- Hypnosis
- Physical therapy
- Hydrotherapy

- Treatments with immersive results
- Chiropractic, treatments
- Chinese herbs
- Acupuncture
- Acupuncture with cupping
- Acupuncture with laser therapy
- Physical therapy
- Myofascial release

- Treatments that improve tender point pain
ACUPUNCTURE, STICKING IT TO PTSD
The altered mirror

When you look in a mirror, do you like what you see?
WOMEN'S
SUFFRAGE:
The Acquisition for Franchise in Early 20th Century America.

Votes Women

Prior to the ratification of the 19th Amendment in 1920, inequality was an immense struggle for women of the United States.

Votes for Women

Stereotypes

Greek Mythology

Early Christianity

Major source of temptation and evil

Women and prostitution

Women and politics

Women's Rights Convention

Women's Rights History

Women's Rights Movement

19th Amendment in the Constitution

Women will continue to demonstrate their ability to lead.

Elizabeth Cady Stanton

Lucretia Mott

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dark stars: looking into black holes