

Possible Causes of Fibromyalgia Syndrome or FMS

What Causes FMS

The Causes of Fibromyalgia Syndrome remain to be elusive. Although a specific cause of fibromyalgia has yet to be determined, we have outlined some of the possible reasons why sufferers may develop this disorder.

- What are the Causes of Fibromyalgia Syndrome?
- What Are Some Factors that Contribute to the Causes of Fibromyalgia?
- What Do Recent Studies Say Causes FMS? What are the Causes of Fibromyalgia Syndrome?

While the underlying causes of FMS are not fully known, there are many triggering events that cause FMS pain. Some may include infections (bacterial or viral), pregnancy, a motor vehicle accident (resulting in post-traumatic fibromyalgia), and the development of other conditions such as Lupus Erythematosus, Irritable Bowel Syndrome, Hypothyroidism, or Rheumatoid Arthritis. These triggering events probably do not directly cause fibromyalgia, but may awaken an underlying physiological abnormality that is pre-existent.

What are Some Factors that Contribute to the CAUSES Fibromyalgia?

♥ Changes in Brain Chemistry - Patients appear to have alterations in the regulation of certain brain chemicals known as neurotransmitters. There is an alteration in the chemical Serotonin, which is linked to depression, migraines, and gastrointestinal disorders. In others cases there is an imbalance in the brain chemical Substance P, associated with pain, stress, and anxiety, as well as depression. ♥ Injury - An injury or trauma, particularly in the upper spinal region, often caused by a whiplash from an automobile accident, may trigger the development and cause of fibromyalgia in some sufferers. The injury may affect the Central Nervous System, and more particularly the Sympathetic Nervous System triggering FMS symptoms. ♥ Disturbed Sleep - Disturbed sleep patterns or insomnia may be one of the CAUSES of FIBROMYALGIA, rather than just a symptom. Sufferers may have abnormally low levels of the hormone Somatomedin C, which is thought to be essential for the body to rebuild itself during Stage 4 of the sleep cycle. ♥ Infections - Either viral or bacterial infections may cause fibromyalgia, especially when there has been an ongoing stress on the Immune System. ♥ Abnormalities in the Autonomic Nervous System - The Autonomic Nervous System is divided into 2 parts: the Sympathetic and Parasympathetic Systems. The Sympathetic Nervous System releases the hormone Norepinephrine, and influences the release of Epinephrine from the Adrenal Gland. The Sympathetic Nervous System controls bodily functions such as heart rate, blood vessel contraction, sweating, salivary flow, and intestinal movement. Sufferers can show reduced Epinephrine responses to low blood sugar levels and exercise. Other abnormalities include decreased responses to cold, and altered heart rate and blood pressure responses during laboratory testing, used to help diagnose a common form of fainting (Syncope). ♥ Changes in Muscle Metabolism - Lack of exercise, deconditioning, bad posture, and decreased blood flow may contribute to decreased strength and fatigue in muscles causing the vast array of symptoms. What Do Recent Studies Say Causes FMS?

Aside from the above mentioned causes, psychological stress and hormonal changes may also be possible causes. The most recent research findings, however, show that the syndrome is a disorder of the processing within the Central Nervous System. The FMS sufferer experiences pain amplification due to abnormal sensory processing in the Central Nervous System. As a general rule, those suffering from fibromyalgia have increased levels of Substance P in the spinal cord and low levels of blood flow to the Thalamus region of the brain.