



# Stork Health Tips

## Fibromyalgia and Pregnancy

Ouch, ouch, ouch... There is no doubt about it, Fibromyalgia hurts! Fibromyalgia is a wide spread pain syndrome that is especially common in women. It creates painful trigger points throughout the body and often induces headaches, fragmented sleep, fatigue, depression, and abdominal problems.

The underlying cause of this disorder is uncertain, but it is believed to be a manifestation of abnormal pain processing. In other words, small irritations, that would not be a problem for most of us, can trigger intense pain in a person with this disease. Migraine sufferers might recognize this as the same type of

problem that occurs after a prolonged headache. With a bad headache, one's hair and scalp can hurt. Even tight clothes and jewelry are often avoided, as they can cause discomfort. For migraine sufferers, this heightened pain sensitivity typically goes away because the migraine ends and stays away. For people with Fibromyalgia, the underlying pain problem never relents completely. Thus, their bodies remain in a state of perpetual tenderness.

So what happens when a woman with Fibromyalgia becomes pregnant? According to Rheumatologic specialist, Phillip Meadow, more of the same. Yes,

unfortunately, the aches, pains, and fatigue of pregnancy will meet the aches, pains, and fatigue of Fibromyalgia. Certainly, this is an added burden to bear, but the good news is that a healthy and happy baby is still what is to be expected. Furthermore, pregnancy is not expected to risk permanent worsening, as can be seen in Multiple Sclerosis (MS) and Lupus.

Although the combination of Fibromyalgia and pregnancy can be an uncomfortable state, there are many things that can be done to help. Several tips for a more comfortable pregnancy are listed below.

### Caring for Fibromyalgia during pregnancy...

- Extra rest is a must. Given this, plan on reducing both your social and work obligations.
- Stay well hydrated. When we are not feeling well, we tend to drink less. Good hydration is essential to well-being.
- Expose yourself to bright sunlight daily.
- Sunshine is a well-known and wonderful anti-depressant. It has to get into your eyes, so don't wear sun-glasses.
- Exercise daily. Even a short walk can be invigorating. Exercise can release endorphins. Endorphins are hormones that help us tolerate
- pain, improve sleep, and fight depression.
- Eat a healthy diet. Yes, you can still have your treats, but eating well, can help you feel well.
- Smile and laugh everyday—It helps! Log onto [www.stork.md](http://www.stork.md) and review "Mother's Corner" if you want to laugh today.

Contact Stork Medical to store your baby's cord blood: 866-65-STORK, [www.Stork.MD](http://www.Stork.MD)

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### Why should Stork Medical be your cord blood storage company?

With Stork, there are no hidden charges, coupons, or complicated checklists. We give the finest service at the lowest possible price. Our price includes everything necessary to collect, transport, process and store your baby's cord blood for the first year; including the doctor's fee!

Stork's lab is an industry leader in cord blood storage and stem cell transplant. Our lab uses a closed collection system which virtually eliminates the chance for laboratory contamination.