



Reading Fibromyalgia Pain Treatment Consultant Warns Patients Must Be Believed

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The reality about Fibromyalgia and persistent pain syndrome is that often patients are not believed or understood. This is the shocking observation of Dr Deepak Ravindran, who is a pain consultant with over 10 years of experience and is based in Berkshire, UK. In his Berkshire Pain Clinic, he weekly sees 3 to 5 patients with Fibromyalgia. The condition is more common than individuals think. The affected patients are mostly women who struggle with the pain and discomfort that comes with Fibromyalgia.

Berkshire Pain Clinic's informative website can be visited here: <http://www.berkshirepainclinic.co.uk>.

Though it gets a bad reputation as a mystery condition that people appear to "make up," its signs are very real, really painful, and extremely tough to detect and deal with. Fibromyalgia symptoms consist of muscle pain spread across the body, exhaustion or severe tiredness, sleep disturbances and memory issues, the so called "fibro fog" and multiple "tender points," which can be in lots of spots at the very same time around the body. It can be accompanied by restless leg syndrome, or what could be worse, irritable bowel syndrome in

more than 70% of patients.

And the signs of Fibromyalgia syndrome do not stop there. If a person experiences this chronic pain syndrome, one can feel incredibly stiff in the morning, suffer from headaches, experience numbness or tingling in one's extremities, and perhaps even suffer from memory problems.

To develop a definitive Fibromyalgia treatment, medical professionals and researchers are working hard to determine what really triggers the chronic pain and discomfort in the affected patients. There is uncertainty whether the causes are ecological - something in the patient's daily life like traumatic incidents or life events - or whether hereditary aspects trigger the Fibromyalgia syndrome. And the experts do not know why a predominant percentage (as high as 80 percent to 90 percent) of individuals who experience this condition tend to be women, primarily in their midlife years.

Dr Deepak Ravindran, who is a member of the British Pain Society, urges patients not to panic. If you feel that you have Fibromyalgia syndrome, understand that treatment is possible, especially if you talk with your GP (General Practitioner) and take advantage of getting him or her to refer you to a pain consultant early on. There are a host of treatments and medication that can help significantly reduce the pain and discomfort associated with Fibromyalgia.

Here is the webpage of Berkshire Pain Clinic that covers the Fibromyalgia condition:
<http://www.berkshirepainclinic.co.uk/fibromyalgia>.

Besides medication, some wholesome, natural solutions can also contribute to Fibromyalgia treatment. Regular workout coupled with appropriate nutritional diet can have a favourable impact as well on the Fibromyalgia syndrome. The right holistic treatment needs to be worked out individually for every patient depending on their medical history and what their body responds well to.

Dr Deepak Ravindran sees patients under the NHS as well as privately. Seeing him privately helps patients shorten their waiting time. He holds regular surgeries in Berkshire in Reading, Newbury, Bracknell and Wokingham. Interested patients are recommended to visit the website link provided above or call 0118 207 3100.

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For more information about Z Berkshire Pain Clinic, contact the company here: Z Berkshire Pain Clinic
Dr Deepak Ravindran 0118 207 3100 admin@berkshirepainclinic.co.uk
Berkshire Pain Clinic, c/o Spire Dunedin Hospital, 16 Bath Rd, Reading RG1 6NS, United Kingdom

Z Berkshire Pain Clinic

Berkshire Pain Clinic takes a holistic multidisciplinary approach in treating patients against pain. Our modern best practices give patients faster pain relief. Ask your GP for a referral to a pain consultant early on to avoid treatment delays.

Website: <http://www.berkshirepainclinic.co.uk>

Email: admin@berkshirepainclinic.co.uk

Phone: 0118 207 3100



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