

## Fibromyalgia Medication That Doesn't Cause Weight Gain



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Fibromyalgia syndrome also known as simply FMS is a chronic musculoskeletal pain that is felt at almost all part of the body. It has been reported to have affected more women than men in the ratio of 80:20. A lot of measures have been put in place to curb this syndrome and some medications have been approved by FDA (Food and Drug Administration)

Fibromyalgia medications both approved and OTC (Over the counter) analgesic drugs have been very effective in the treatment of fibromyalgia. However, most of these drugs have adverse effects in people living with fibromyalgia. Lyrica, the first FDA-approved drug to treat fibromyalgia, has been associated with severe allergic reactions that can cause angioedema ? swelling of the throat, head, and neck, resulting in airway compromise. Furthermore, Lyrica can promote weight gain, sleepiness, dry mouth, and brain fog. Finally all seizure medications, including Lyrica, can increase the risk of suicidal thoughts and behaviors. When you look at the adverse effects of Lyrica, I think it should be used as a last resort. A particularly frustrating problem for many fibromyalgia patients is the tendency to gain weight. We eat less but notice little, if any, difference. And it's difficult to exercise more because of the pain.

The adverse effects of Lyrica are - dizziness, drowsiness, visual disturbance (including blurred vision, diplopia), ataxia, dysarthria, tremor, lethargy, memory impairment, euphoria, constipation, dry mouth, peripheral edema, loss or decrease of libido, erectile dysfunction, **weight gain**, depression, confusion, agitation, hallucinations, myoclonus, hypoesthesia, hyperaesthesia, hypomnesia, tachycardia (increased heart rate), paramnesia, excessive salivation, sweating, flushing, rash, muscle cramp, myalgia, arthralgia

Welbutrin which is also used in fibromyalgia treatment has been reported to also lead to weight gain. A patient who used the drug complained of weight gain of about 8-10 pounds. This development furthers the search for medication that does not cause weight gain whatsoever.

The unusual weight gain in fibromyalgia patients has generated arguments as to what and why does fibromyalgia trigger weight gain in so many people? There are a number of contributing factors which might be associated with weight gain in fibromyalgia patients:

Lack of Sleep: One of the primary symptoms of FM is the inability to get the deep, stage four restorative sleeps we need. Recent studies have shown that people who do not get adequate amounts of sleep are more likely to gain weight. Lack of sleep causes a reduction metabolism and an increase in appetite, particularly a craving for high-carb and high-sugar foods.

Neuroendocrine Abnormalities: Research has revealed several hormone deficiencies in fibromyalgia, such as serotonin, growth hormone (anterior pituitary hormone), cortisol (adrenal cortex hormone) and thyroxin (thyroid hormone), which can contribute to decreasing the body's metabolism. There may also be an increased sensitivity to insulin, causing the body to go into a fat-storing mode.

Decreased Activity: Because of their level of pain, most fibromyalgia patients are not able to increase their exercise to the levels needed to increase metabolism rates and burn the calories required for significant weight loss.

Medication: A number of medications commonly given to treat the symptoms of fibromyalgia ?? particularly antidepressants ?? have the side effect of weight gain.

Pamelor (nortriptyline) very well could be responsible for the higher number you're seeing on your bathroom scale. A member of the tricyclic class of antidepressants, Pamelor is frequently used to treat fibromyalgia symptoms.

While tricyclics are often effective in promoting sleep for people with fibromyalgia, weight gain sometimes results. The cause for this isn't clear, but tricyclics appear to increase appetite, especially for carbohydrates. However, there are alternatives to taking Pamelor and the other tricyclics. Serotonin-selective reuptake inhibitors (SSRIs), a newer group of antidepressants that includes drugs such as fluoxetine (Prozac), sertraline (Zoloft) and paroxetine (Paxil), cause little weight gain and may even contribute to weight loss.

Fortunately and finally, fibromyalgia pain treatment has been found to be highly successful in patch treatment like using Cannabis patch for fibromyalgia or nerve pain patch for fibromyalgia pain relief. This patch medication for fibromyalgia syndrome is so crucial and effective and does not at all lead to any weight gain or loss.

#### REFERENCES:

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