



Andover Fibromyalgia & M.E Chatterbook Group

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AFMCG Glossary

A

ACR American College of Rheumatology

AFMCG Andover Fibromyalgia & M.E Chatterbook Group
(<http://andoverfmsmechatterb.wix.com/afmcguk>)

ATP Adenosine Triphosphate - Molecule present within at cellular level which is used for energy

Action for M.E Charity for Myalgic Encephalitis (<http://www.actionforme.org.uk>)

Acupuncture A complimentary therapy technique – inserting needles to particular muscle areas, stimulating the production of endorphins

Adrenaline (norepinephrine) Adrenaline is hormone that affects the autonomous nervous system, which controls functions such as the heart rate & dilation of the pupils among others

Allodynia Pain experienced from a stimuli – touch, location & temperature, which are not normally painful.

Amitriptyline A tricyclic antidepressant (TCA)
(<http://www.patient.co.uk/medicine/amitriptyline>)

Analgesic A pain relieving medication

Anticonvulsant A prescribed medication to aim to prevent seizures

Antidepressant A prescribed medication used to aim to relieve the symptoms of depression (TCAs, SSRIs & SNRIs)

Anti-inflammatory A medication that reduces inflammation and helps with pain relief

Anxiety An unpleasant feeling of distress, fear or apprehension

Autoimmune Disease An overactive immune response of the body attacking its own cells that can affect any part of the body.

Autonomic Nervous System (ANS) A part of the nervous system that regulates key involuntary functions of the body, including the activity of the heart muscle; the smooth muscles, including the muscles of the intestinal tract; and the glands

B

Bruxism The grinding and clenching of the teeth usually at night

C

Carpal Tunnel Carpal tunnel syndrome is a common condition in which a nerve is squeezed where it passes through your wrist (<http://www.arthritisresearchuk.org/arthritis-information/conditions/carpal-tunnel-syndrome.aspx>)

Cartilage A tough, resilient tissue that covers & cushions the ends of the bones by absorbing shock

CFS Chronic Fatigue Syndrome

CNS Central Nervous System

Cognitive Behavioural Therapy (CBT) A talking therapy based on your emotional, behavioural reactions & thought patterns

Connective Tissue Connective tissue fills the spaces between organs and tissue providing structural and metabolic support for other tissues and organs

Cortisol A stress hormone produced by the adrenal gland, secretion increases during the 'fight or flight' response

Costochondritis Inflammation of the cartilage that connects the inner end of each rib with the breastbone

Cranial Electrotherapy Stimulation (CES) is a treatment that applies a small, pulsed electric current across a patient's head. Some researcher claims that CES has beneficial effects in conditions such as anxiety, depression, insomnia, stress & Fibromyalgia

CRH Corticotropin-releasing hormone, that is made by the hypothalamus that stimulates the release of corticotropin

CRPS (RSD) Chronic Regional Pain Syndrome (<http://crpsuk.com>)

CSF Cerebrospinal fluid, the a clear fluid is found in the spinal cord

Cymbalta Brand name for Duloxetine (SSRI)
(<http://www.patient.co.uk/forums/discuss/browse/duloxetine-2739>)

Cytokines Non-antibody proteins produced by cells to interact with and regulate the cells of the immune system.

D

Depression An illness with feelings of grief, hopelessness & sadness (www.mind.org.uk)

Diagnosis A confirmation of a suspected cause of a disease, either by process of elimination or other examination /assessment tools or criteria

Dopamine A neurotransmitter that affects the part of the brain that controls movement and plays a part in experience of pleasure & pain

DWP Department for work & pensions

Dysautonomia Abnormal function of the autonomic nervous system

Dysmenorrhoea Experiencing episodes of difficult menstrual flow or painful menstruation on a regular basis

E

Endocrine System Consists of glands that release hormones and is instrumental in regulating mood, growth and development, tissue function, and metabolism

Endorphins Chemicals that can act as a natural painkiller and also give a general sense of well-being.

ESA Employment and Support Allowance

EULAR The European League Against Rheumatism (EULAR) is the organisation which represents the patient, health professional and scientific societies of rheumatology of all the European nations.

F

Fatigue Extreme mental & physical exhaustion

FDA Food and Drug Administration, that is responsible for the regulatory of foods, drugs and vaccines in the U.S etc.

FibroAction UK Charity for Fibromyalgia (<http://www.fibroaction.org>)

Fibrofog Cognitive dysfunction with symptoms of confusion & forgetfulness

Fibromyalgia (FMS) A neurological illness causing pain in your muscles, joints, ligaments & tendons often accompanied with nerve pain and chronic fatigue

Flare An exacerbation of symptoms of Fibromyalgia

G

Genetic Predisposition An Increased genetic susceptibility to illnesses or conditions

Growth Hormone Produced during delta sleep, is involved in tissue repair. Therefore, disrupted sleep associated with fibromyalgia may account for low levels of growth hormone.

H

Hypermobility Syndrome (HMS) Increased range of movement of joints

Hormones Chemicals produced by glands and are your body's chemical messengers, traveling in the bloodstream to tissues or organs

Hydrotherapy Using water in the treatment of different conditions

Hyperalgesia An extreme sensitivity to pain

Hyperglycaemia An excessive concentration of glucose in the blood

Hypertension High Blood Pressure

Hypoglycaemia A diminished concentration of glucose in the blood

Hypotension Low Blood Pressure

Hypothalamus Part of the brain that regulates blood pressure, hunger, body, temperature, thirst, & sleep.

I

IBS Irritable Bowel Syndrome, a common condition of the digestive system (<http://www.theibsnetwork.org/>)

Inflammation A reaction of tissues to injury or disease, with swelling, redness, heat, and pain

Irritable Bladder A condition of the bladder marked by a sudden strong, irresistible urge to urinate commonly accompanied by discomfort.

Interstitial Cystitis (IC) A chronic condition and diagnosis of exclusion of unknown cause characterized by bladder pain (<http://www.cobfoundation.org>)

J

Juvenile Fibromyalgia Fibromyalgia in children & adolescents.

L

Ligaments A band of tough fibrous tissue connecting bones to other bones in joints and control its range of movement

Low Dose Naltrexone (LDN) Opiate Antagonist that has had some pilot clinical study success in managing fibromyalgia but is not yet licensed for fibromyalgia in the UK.

Systemic Lupus Erythematosus (SLE) An autoimmune disease where the immune system attacks and injures the body's own organs and tissues

Lyrica A brand name for Pregabalin (<http://www.patient.co.uk/medicine/Pregabalin.htm>)

M

Migraine is a chronic neurological disorder characterized by recurrent moderate to severe headaches (<http://www.migrainetrust.org/>)

M.E Association (MEA) UK Charity for M.E (<http://www.meassociation.org.uk>)

Myofascial Pain Syndrome (MPS) Pain affecting muscles & connective tissue with localised pain on the trigger points. CHECK

Magnetic Resonance Imaging (MRI) A strong magnetic field & radio waves used to produce detailed pictures of the inside of your body

Mitochondria Responsible for energy production in cells located in a cytoplasm outside the nucleus of a cell

Musculoskeletal Pertaining to the ligaments, muscles, tendons, joints & bones

Myalgic Encephalitis A neurological illness with symptoms of chronic fatigue and pain

N

Neuromuscular Pertaining to both nerves & muscles to explain the relationship between them.

Neurotransmitters Chemical substances released from the nerve endings of a neuron to transmit impulses to other neurons

National Institute for Clinical Excellence (NICE) NICE guidance sets the standards for high quality healthcare and encourages healthy living (<http://www.nice.org.uk/>)

NMDA N-methyl-D-aspartic acid - A brain receptor activated by the amino acid glutamate.

Nociceptors Peripheral receptors for pain, which are sensitive to painful mechanical stimuli, extreme heat or cold & chemical stimuli

Non-Restorative Sleep (NRS) is a core symptom of insomnia, typically defined as a subjective feeling of being unrefreshed upon awakening

Norepinephrine (Adrenaline) A neurotransmitter & a hormone released naturally by nerve cells, producing many effects throughout the body in a 'fight or flight' chemical, responsible for the body's reaction to stressful situations

NSAIDs Non-steroidal Anti-inflammatory drugs, for example Ibuprofen

O

Opiates A drug (as morphine or codeine) containing or derived from opium

Opioids A synthetic drug possessing narcotic properties similar to opiates but not derived from opium.

P

Paresthesia Abnormal sensation like numbness & tingling

Parasympathetic Part of the autonomic nervous system

PIP Personal Independence Payment

Plantar Facsiitis (PF) is a painful inflammatory process of the plantar fascia, the connective tissue on the sole of the foot

Pramipexole (Mirapex) is a dopamine agonist
(<http://www.patient.co.uk/medicine/Pramipexole.htm>)

Prevalence A statistical measure of people in the population having a certain condition

Prognosis A prediction & expected outcome of a disease or chance of recovery from a serious illnesses

Psychology The mind & mental processes pertaining to the emotional and behavioral characteristics of an individual.

R

Raynaud's Phenomenon A disorder resulting in discoloration of fingers and/or toes when a person is exposed to changes in temperature (hot or cold) or emotional stress

REM Rapid Eye Movement that is the stage of sleep characterised by dreams

Restless Leg Syndrome (RLS) a neurological condition causing uncomfortable feelings the legs resulting in an urge to move your legs which gives temporary relief.

Rheumatoid Arthritis An autoimmune disease that causes inflammation in your joints accompanied by pain & swelling

Rheumatologist A consultant of Rheumatology

Rheumatology The branch of medicine concerned with problems with tendons, muscles or joints.

S

Sensory Relating to sensation, eg: pain, temperature or touch

Serotonin A neurotransmitter that regulates mood, sleep, and metabolism

Sjögren's syndrome can cause various symptoms, the most common being dry eyes and dry mouth. These symptoms are due to lack of secretions from glands in the body and severe cases lungs, kidneys, nervous system and lymph glands can be affected

Spasm A sudden involuntary contraction of a muscle, causing the muscle to clench tight, shorten causing pain

SNRI Serotonin Norephinephrine Reuptake Inhibitor

SSRI Selective Serotonin Reuptake Inhibitor

Substance P A neurotransmitter that is involved in the transmission of pain

Sympathetic Part of the autonomic nervous system

Syndrome A collection of signs and symptoms that occur together constituting the picture of a particular disease

Systemic Affecting the body as a whole or affecting a particular body system.

I

Temporomandibular Joint (TMJD) A disorder consisting of pain, muscle tenderness, clicking in the joint and limitation of the jaw movement (<http://www.tmjdsupport.co.uk>)

Tender Points Areas of the body that are painful to touch in Fibromyalgia. There are 11-18 tender points used in the diagnosis of Fibromyalgia

Transcutaneous electrical nerve stimulation (TENS) is the use of electric current produced by a device to stimulate the nerves for pain relief purposes

Tinnitus A noise in the ear or head, described as buzzing, hissing, humming, ringing or whistling, which is generated inside the body rather than coming from outside.

Tramadol

Trigger Points Tight bands of muscle tissue that are painful to the touch. When pressure is applied to these points, they cause radiation of pain throughout the body.

U

UK Fibromyalgia UK Charity for Fibromyalgia (<http://www.ukfibromyalgia.com>)

V

Virus A micro-organism smaller than a bacteria, which cannot grow or reproduce apart from a living cell. A virus invades living cells and uses their chemical machinery to keep itself alive and to replicate itself.

Vulvodynia A term used to describe pain in the vulva, often severe, of unknown cause.

W

WHO World Health Organisation - the directing and coordinating authority for health within the United Nations system (<http://www.who.int/about/en>)