



## **Press Alert**

For Immediate Use

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## **Samra Clinic Providing Hope to Those Who Struggle with Fibromyalgia and Chronic Fatigue Syndrome**

**Los Angeles, CA** - The Samra Clinic in Downtown Los Angeles is providing hope and relief for individuals suffering from one of the most prevalent yet misunderstood diseases affecting millions of Americans every day, fibromyalgia and chronic fatigue syndrome (CFS). While this debilitating disease affects countless individuals, it often goes undiagnosed by even some of the nation's top physicians due to the wide-range of mental and physical symptoms.

Symptoms of this crippling disease include physical indicators such as body aches, migraines, fatigue, flu-like symptoms, painful menstrual periods, irritable bowel and restless leg syndrome, numbness and tingling of joints and extremities and temperature sensitivity. In addition to the incapacitating physical hindrances a plethora of mental issues can also occur to fibromyalgia and CFS sufferers. Common mental issues related to fibromyalgia and CFS patients include anxiety, depression, insomnia, and cognitive memory lapses ("fibro fog").

It is this varying degree of physical and mental conditions that have confounded the diagnosis of fibromyalgia and CFS sufferers as doctors often have difficulty providing an accurate analysis as to what is actually wrong with the patient. Those suffering from fibromyalgia and CFS are commonly misdiagnosed and put on anti-depressants, not knowing that depression is a symptom of a larger problem. Other doctors have recommended anti-inflammatory medication believing that the physical effects of the disease are a result of rheumatoid arthritis.

This conundrum provides little or no relief to the individuals who are suffering as multiple doctors come to different conclusions about what is actually wrong with the patient. This only compounds the effects of the disease with a sense of hopelessness. It is at this point that those who suffer from fibromyalgia or CFS often turn to alternative medicine such as acupuncture or herbal medicine to help cope with the pain.

Recent clinical evidence has begun to show that the patients turning to alternative medicine may be on to something. A study performed by Mayo Clinic researchers in 2005 showed that patients who received six sessions of acupuncture treatment experienced "significant symptomatic improvement compared to a group given simulated acupuncture sessions." While fibromyalgia and CFS has no known cure, the idea of being able to manage the symptoms with a natural treatment such as acupuncture provides a ray of hope for the individuals dealing with the disease.

“There’s not a cure available, so patients are often left somewhat frustrated by continuing pain and fatigue”, said Dr. David Martin, M.D. Ph.D., Mayo Clinic anesthesiologist and the study’s lead investigator. This study shows there is something real about acupuncture and its effects on fibromyalgia.” Dr. Martin believes that acupuncture provides relief to the symptoms of fibromyalgia or CFS because it targets the root cause of the problem, not just the daily symptoms. Utilizing the premier diagnostic equipment available, doctors are able to deduce that the nervous system responds and adapts to the input of the acupuncture needles, often in ways that are beneficial to the patient.

The doctors at the Samra Clinic recognize how fibromyalgia can affect their patient’s lives and understand that it causes real physical pain. The pain caused by fibromyalgia affects many systems in the body, amplifying the severity of other symptoms which in turn can worsen the pain. This is where the Samra Clinic can be especially helpful to those suffering from fibromyalgia and CFS, utilizing Kinetic Acupuncture.

The Samra Clinic’s specialty is Kinetic Acupuncture, a form of acupuncture that involves movement of the affected area in combination with the input of needles. Kinetic Acupuncture often provides instantaneous relief to musculo-skeletal pain. This treatment helps provide symptomatic relief to many of the physical and mental conditions that accompany fibromyalgia and CFS. By treating the pain and other symptoms concurrently, the positive effects of each reinforce the other.

While many patients experience dramatic and immediate results, consistent treatment is necessary to reduce the pain to a more stable level. Initially, patients begin an intensive treatment course, usually lasting 2-3 months in duration. They may notice immediate results, but it is important to continue with the treatments, as their effects are cumulative.

Once the pain has been reduced to a manageable level, patients will transition to a preventative maintenance schedule, coming in for an occasional check-up or “tune-up,” as needed. “When patients feel the relief from the pain brought on by fibromyalgia, often they are able to be more active and return to many of their daily activities, thus helping with the anxiety and depression that accompanies the disease”, said Dr. Hyunguk Choi, Ph.D., Lead Physician for the Samra Clinic and a Professor of Oriental Medicine.

In addition to the acupuncture and herbal medicine, the Samra Clinic physicians teach patients various exercises, stretches, breathing techniques, meditations, dietary changes, and other strategies to manage their symptoms. Each patient is unique and will receive individualized treatment that is specific to their condition. Due to the high number of fibromyalgia and CFS cases they see, Samra physicians recognize how fibromyalgia can affect the patient’s life, empathizing with their suffering and striving to help patients become able to perform their normal day-to-day activities, and enjoy life.

While there is no cure for fibromyalgia or CFS, the healing begins when an individual starts taking the proper steps to combat the disease. And the first step for these patients towards living a normal and healthy life begins at the Samra Acupuncture Spinal Center.

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