

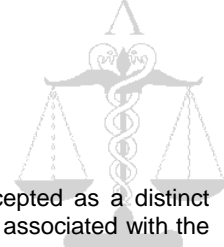
V.Hadhazy et al. Journal of Rheumatology (2000) Vol.27 p.2911.

A systematic review of the scientific literature regarding, so-called, mind-body therapies (MBT) for FM.

Definition of MBT is very broadly defined in this review. As such the chances of finding specific benefits is limited.

The authors conclude that strenuous exercise can be beneficial. They also find that MBT encourages better self care, one outcome of which is a reduced impact of FM on daily living.

A cure for FM was not found.



Comment

Confirms previous reviews that concluded with no cure for FM (even it were accepted as a distinct clinical entity). However, improved quality of life would have an impact on the costs associated with the consequences of this disorder.