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Central sensitization syndrome (SSC) includes a series of diseases that have a common denominator: the decrease in the sensitive threshold and therefore alteration in the perception of the stimulus. We can include fibromyalgia, chronic fatigue, headaches or tension migraines, thunderstorm-mandibular joint disorders, restless leg syndrome, irritable colon syndrome, etc. Epidemiological studies indicate a high prevalence, in practice 5% in our population. What symptoms do you have? The main triads constitute pain, fatigue and stress. Pain is chronic and widespread in many parts of the body, which group many muscle groups together. Fatigue is continuous with fatigue crisis, as if it were a "battery" that is over and the patient's forces at rest. The episodes of stress and anxiety combined with pain are very frequent and the picture gets worse. In addition to this Triad, the constellation of symptoms of which it is enormous, quoting the most frequent: attention to care and concentration, alterations of the intestinal rhythm, urinary incontinence, emotional labilities, reactive depressive symptoms, etc. | Why does it happen? The causes are usually multifactorial. Under a component of genetic predisposition, there are now for the determination, multiple summation causes have been described: viral infections, bad eating habits, smoke, lack of exercise, insomnia, trauma, surgical interventions and government overloads, already being work or family. In the SSC there is an increase in the excitability of the neurons of the central nervous system, particularly in the neurons responsible for the treatment of our brain information from abroad. In a state of SSC, neurons are activated.

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