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**Name of Journal:** *World Journal of Clinical Cases*

**Manuscript NO:** 64180

**Manuscript Type:** CASE REPORT

**Effectiveness of patient education focusing on the relationship between circadian pain rhythms and physical activity: A case report and review of literature**

Patient education impact on circadian pain rhythms and physical activity.

## Abstract

### BACKGROUND

Neuropathic pain management should aim at improving quality of life and daily living activities of patients; therefore, emphasis should be placed on pain management including understanding the pain patterns during daily activity. Therefore, lifestyle guidance should be based on a detailed understanding of pain; however, previous studies commonly evaluated pain intensity at a single point in time. We report a case on patient education intervention based on the relationship between pain circadian





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### Circadian variation in the circulatory responses to ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2810299>

Unfortunately, most circadian rhythms are influenced or 'masked' strongly by sleep, physical activity as well as fluctuations in the environment. These influences can be controlled with a 'constant routine' protocol, in which subjects are essentially bed-rested in a stable environment for at least 24 h ( Minors and Waterhouse 1984 ).

Cited by: 71

Author: Greg Atkinson, Helen Jones, Philip N. Ai...

Publish Year: 2010

### Circadian rhythm abnormalities and autonomic dysfunction ...

<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0198106> ▾

Jun 06, 2018 · Chronic Fatigue Syndrome/Myalgic Encephalomyelitis (CFS/ME) patients frequently show autonomic symptoms which may be associated with a hypothalamic dysfunction. This study aimed to explore circadian rhythm patterns in rest and activity and distal skin temperature (DST) and their association with self-reported outcome measures, in CFS/ME patients and healthy controls at two ...

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Author: Trinitat Cambras, Jesús Castro-Marrero, ...

Publish Year: 2018

### Using an innovative multiple regression procedure in a ...

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4278791>

Dec 22, 2014 · Many cytokines linked to hypothalamic-pituitary-adrenal axis activation, the autonomic nervous system, and circadian rhythms show explicit diurnal rhythms;32,33 others alter sleep34,33 and pain,35 and are altered by sleep36,33 and pain.37 Compared with pain and fever, some fatigue from radiotherapy (such as hormonal or muscular fatigue) does ...

Cited by: 1

Author: Richard B Francoeur

Publish Year: 2014

### Sundowning and Circadian Rhythms in Alzheimer's Disease ...

<https://ajp.psychiatryonline.org/doi/10.1176/appi.ajp.158.5.704>

May 01, 2001 · OBJECTIVE: The goal of this study was to determine changes of circadian rhythms induced by Alzheimer's disease and to explore relationships among rhythm disturbances, sundowning, and sleep disturbances in patients with Alzheimer's disease. "Sundowning" is the occurrence or exacerbation of behavioral symptoms of Alzheimer's disease in the afternoon and evening.

Cited by: 417

Author: Ladislav Volicer, David G. Harper, Barbara...



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<https://patient.info/doctor/pineal-gland-and-circadian-rhythms> ▼


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Jet Lag, Shift Work



The circadian system consists of a **central 'biological master clock'** (located in the suprachiasmatic nucleus (SCN) of the hypothalamus) and peripherally located biological clocks (found in most tissues such as the heart and liver). This system has an endogenous rhythmicity of approximately 24 hours. Peripheral 'clocks' can work independently of the external light/dark cycle but are synchronised by the 'master clock' in the SCN of the hypothalamus. Physiological cues from the SCN entrain or reset the peri...

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**Author:** Dr Laurence Knott   **Published:** Dec 19, 2016

## Patterns of circadian activity rhythms and their ...

<https://www.researchgate.net/publication/24312522...>

The purpose of this study was to examine patterns of **circadian activity rhythms** and their **relationship** with fatigue, anxiety/depression, and demographic/medical variables in women receiving breast ...

## Melatonin: What You Need To Know | NCCIH

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**Publish Year:** 2018

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What is circadian rhythm sleep disorder? ▾

What are the effects of circadian synchrony? ▾

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