

## Muscle Cramps Day In Day Out

Posted by helen - 22 Aug 2017 14:51

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Been taking Lorazepam for years, take up to 4mg a day now, but not getting the relief I need. Any advice on dosage in people with A ?

How much is normal in long term use, do people take more than me ?

Thanks Helen xx

Wish you low pain days !!

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## Re: Muscle Cramps Day In Day Out

Posted by ann - 29 Aug 2017 16:55

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Hello Helen,

i hope someone will answer your post

Wishing you pain free days and all my love

Ann xxx

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## Re: Muscle Cramps Day In Day Out

Posted by helen - 30 Aug 2017 08:45

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Dear Ann

Thanks for your concern. Hope you are coping & having some 'good' days !!

I've asked my doctor again, and just been told to take more pills, it's not helpful when you just sleep more and more.

Much love and hugs, Helen

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