

# Weight loss among obese tied to improvements in chronic pain

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(HealthDay)—For obese individuals with chronic pain, a weight loss

intervention is associated with improvements in the spatial distribution of pain and comorbid somatic symptoms, according to a study published in the December issue of the *Journal of Pain*.

Andrew Schrepf, Ph.D., from the University of Michigan in Ann Arbor, and colleagues conducted an observational study to examine whether weight loss using a low-calorie diet improves pain, affect, and [somatic symptoms](#) commonly associated with [chronic pain](#) conditions.

Participants were 123 obese individuals undergoing a 12- to 16-week weight loss intervention with calorie restriction. Before and after weight loss, the spatial distribution of pain, symptom severity, depression, and total fibromyalgia scale scores were measured.

The researchers found that after [weight loss](#) there were significant improvements in pain, symptom severity, depression, and fibromyalgia scores; greater improvement on somatic symptoms and fibromyalgia scores was seen for men versus women. Greater improvement was also seen for those who lost at least 10 percent of body weight compared with those who lost less than 10 percent. After the intervention, the levels of the regulatory cytokine interleukin-10 increased.

"Weight loss may improve diffuse pain and comorbid symptoms commonly seen in chronic pain participants," the authors write.

Several authors disclosed financial ties to the pharmaceutical industry.

**More information:** [Abstract/Full Text \(subscription or payment may be required\)](#)

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