

FIBROMYALGIA – THE INVISIBLE ENEMY

What you can't see CAN hurt you.

For years, thousands suffered in silence as medical professionals dismissed their symptoms as merely aches and pains, hypochondria or even a mental illness known as muscular rheumatism.

Fibromyalgia has appropriately been recognized as a true medical condition by the medical community and although no known cure is available, the symptoms are treatable. Please share this guide with your patients to help them understand the symptoms and treatment of Fibromyalgia and how to live well with the condition.

01 | The Causes and Symptoms

Unfortunately, the exact cause of Fibromyalgia has not yet been determined; some believe the cause is related to a malfunction in the central nervous system. Studies have also determined the presence of the Epstein Barr virus as well as other infections in patients affected by Fibromyalgia.

One of the primary determining factors for Fibromyalgia is the presence of one or more of eighteen trigger points located from the back of your head to your inner knees. Fibromyalgia also causes a number of symptoms including the following:

- Chronic muscle pain, stiffness & spasms
- Moderate to severe fatigue
- Insomnia
- Memory or concentration problems
- Sensitivity to light, noise & climate
- Anxiety & depression
- Irritable bowel syndrome
- Numbness & tingling in the face, arms, etc.
- Increased urinary urgency or frequency

02 | Diagnosis

Fibromyalgia often goes misdiagnosed, but as more focus has shifted on the condition, a positive diagnosis has improved. Some determining factors used are the presence of the trigger points mentioned above, as well as symptoms.

03 | Treatment

Since the cause of Fibromyalgia is unknown, treatment focuses on relieving symptoms and improving the patient's general health. Treatment may include dietary changes, physical therapy and exercise, prescription medication, and even massage or acupuncture.

04 | Pacing Yourself

Many patients have found that the best way to manage Fibromyalgia is to pace themselves and not push beyond what their body allows. Though it may be difficult to accept that your body is more limited than it once was, working within these confines will reduce physical and mental stress and muscle tension, which in turn will lessen symptoms and improve your well-being.

For additional information, please visit the National Fibromyalgia Association: <http://www.fmaware.org/>

***Did You Know?**
More than 5 million
Americans are affected by
Fibromyalgia*

References

<http://www.everydayhealth.com/fibromyalgia/fibromyalgia-treatment.aspx>

<http://www.webmd.com/fibromyalgia/default.htm>