

FIBROMYALGIA



- Fibromyalgia (FM) is a chronic pain disorder characterized by widespread musculoskeletal aches, pain and stiffness, soft tissue tenderness, general fatigue, and sleep disturbances. The most common sites of pain include the neck, back, shoulders, pelvic girdle, and hands, but any body part can be affected.

Who Fibromyalgia Affects

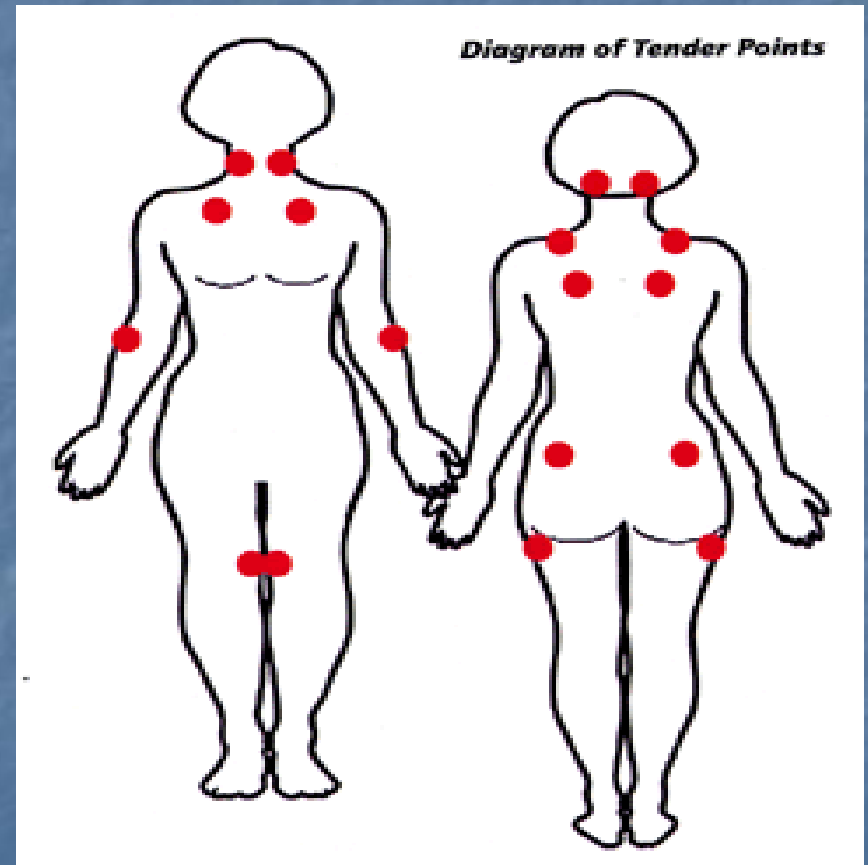
- Most common in women, regardless of age or race.
- Does occur in men and children, but very infrequently
- Only about 3-6% of the U.S. Population

Sypmtoms

- General pain in the:
 - Muscles
 - Joints
 - Anywhere in the body
- Fatigue
- Sleeplessness

Diagnosis

- Very general complaint makes it hard to diagnose
- After other problems have been ruled out, and if there is pain in 11 of the 18 “tender points” a diagnosis is made.



Problems in Diagnosis

- It mimics many other disorders, such as:
 - Lupus
 - Crohn's disease
- The severity, duration and location of the pain can be different for each patient
- There are no tests that are able to reveal Fibromyalgia

Treatment

- Anti-depressants
- Painkillers
- Sleep medications
- Support groups

Other Treatments

- Healthy diet and exercise
 - Yoga
 - Walking
- Holistic treatment
 - Acupressure
 - Acupuncture
 - Herbs
 - Application of heat or cold

