

"I was feeling constant pain in my neck, hands, feet, back and knees. My headaches, the tiredness and my inability to remember simple things struck my doctor when he diagnosed me."

YOUR PAIN IS REAL...



0.5% to 5.8%
of world population



Over 90%
are women

... AS REAL AS THESE PEOPLE

Sinead O'Connor
is back on stage after
being diagnosed with
fibromyalgia



Morgan Freeman
developed fibromyalgia
after a car accident in
2008
Source: www.Chronicbodypain.net



Want to know more?

If you believe you have fibromyalgia see your GP. Explain your physical and psychological symptoms. Your doctor may ask you further questions, conduct a physical examination, and may request blood tests or scans to exclude other possible causes for your pain.

Further sources of information can be found online:

Fibromyalgia Action UK
<http://www.fmauk.org>



Arthritis Research UK
<http://tinyurl.com/p67eeo7>



Fibromyalgia

Just because you don't see it,
doesn't mean it's not real

University of Derby

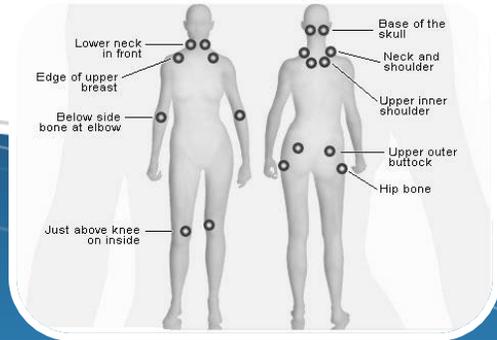
www.derby.ac.uk/

A quick guide
for patients

What is Fibromyalgia?



Fibromyalgia is a condition primarily associated with widespread pain in muscles, ligaments and tendons. Until 2010, the diagnosis was made by measuring the sensitivity of specific tender points in your body. Since then, fatigue, sleeping problems and a range of psychological problems were also included in the diagnosis. Researchers suspect that different stress inducing factors such as infections, physical or emotional trauma, or hormonal changes may trigger its development. Although there is no cure, fibromyalgia is not a life threatening condition and there are treatment options that can help you get your life back.



“You can get you life back”

HOW WILL IT AFFECT ME?

- Pain in many areas; whole body hurts
- Aching and stiffness; gets worse with activity
- Bad sleep; waking up tired
- Exhaustion and lack of energy

Psychological Issues

- Feeling depressed, anxious or irritable
- Poor concentration

Other symptoms include:

- Headaches
- Restless legs syndrome
- Poor circulation
- Urgent need to urinate
- Irritable bowels
- Pain in the jaw

WHAT MEDICATION CAN I HAVE?

Depending on the severity of your symptoms, your doctor may be able to prescribe medication to help you handle pain, sleep problems and tiredness, anxiety, stress and depression, as well as other less common symptoms.

Note, however, that, on average, patients only experience a 30% improvement with medication and other treatment options should be explored.

CAN I DO EXERCISE?

Research has shown that aerobic exercises improve fitness and reduce fibromyalgia pain and fatigue; Tai chi and aquatic exercises are particularly recommended.

Start gradually, moving from stretching to strengthening exercises and expect some initial pain.

DO I NEED PSYCHOLOGICAL THERAPY?

Cognitive and Behavioural therapies have proved effective in decreasing short-term pain and reducing sleep problems, as well as in helping managing anxiety, stress and depression.

These therapies can provide you tools to minimise thoughts and behaviours conducive of physical pain and psychological distress.

WHAT CAN I DO TO HELP MYSELF?

Learn about and understand your condition. Explain you family how it affects you.

Lack of sleep is a key symptom and possibly a cause: adopt a sleeping routine.

Tackle any source of stress. Pace your daily activities and adapt your work to shorter hours. You may also want to try Mindfulness/Relaxation techniques.