

Resources for Living®



When every day hurts...

Can you imagine waking up every day with pain all over your body? Or feeling so tired all the time that you can't go about your normal routine? The fact is that about 6 million Americans feel that way because they have fibromyalgia.¹

What is fibromyalgia?

Fibromyalgia Syndrome (FMS) is a disorder that can include^{1,2}:

- Chronic pain and fatigue
- Stomach upset
- Headaches and mental fog
- Dizziness
- Problems with balance
- Depression and/or anxiety
- Acute reaction to heat, cold, smells and noise
- Numbness, stiffness and muscle spasms

What causes FMS?

No one knows exactly what triggers FMS. Researchers think genes, hormones, stress or brain chemistry may be factors. Or, it may result from all these and more.²

How do you find out if you have FMS?

The symptoms of FMS mimic many other illnesses. There aren't specific tests for FMS. So doctors must rule out other ailments first. For example, different patients with the same signs could suffer from chronic fatigue syndrome, thyroid problems, arthritis, depression or other health issues.

What's the treatment for FMS?

At this time, there's no cure for FMS. The goal is to try to make patients' lives easier by reducing symptoms.

Doctors may prescribe drugs and therapies to help lessen pain, depression, insomnia and other issues. Patients can also consult with experts who can set up exercise, massage, acupuncture, counseling and relaxation regimens.

Working toward a pain-free future

Do you or someone you know suffer from the signs of FMS? If so, see a doctor as soon as possible. While there's no cure yet, there's ongoing work to improve patients' lives and make every day more comfortable.

¹<https://familydoctor.org/condition/fibromyalgia/>

²<http://www.webmd.com/fibromyalgia/guide/>

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