

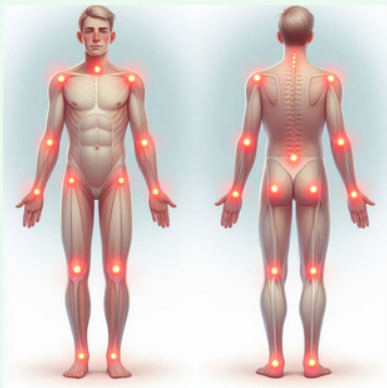


What is Fibromyalgia?

Fibromyalgia is a long-term condition that causes pain all over the body. It makes one feel very tired, stiff, and emotionally drained, even if joints or organs are healthy.

People often describe the pain as:

- Aching
- Burning
- Throbbing
- Stiffness or tenderness



Key points:

- Pain may come and go or be constant.
- Fibromyalgia does not damage joints, muscles, or organs.
- Fatigue and stiffness are common and can affect daily life.

FIBROMYALGIA

Why does Fibromyalgia happen?

Common triggers that can worsen symptoms:

- Physical or emotional stress
- Poor sleep or disrupted sleep patterns
- Illness or infection
- Injury or trauma
- Anxiety or depression

The exact cause is not fully known, but it happens when the nervous system becomes extra sensitive to pain signals.

This means the brain and nerves may feel pain more strongly than usual, even without injury.



How to recognise Fibromyalgia

Common symptoms include:

- Widespread body pain
- Extreme tiredness (fatigue)
- Morning stiffness
- Poor or unrefreshing sleep
- Headaches
- Trouble concentrating ("brain fog")
- Memory difficulties
- Low mood or anxiety
- Numbness or tingling in hands/feet



Other possible symptoms:

- Irritable bowel symptoms
- Sensitivity to light, noise, or temperature

Diagnosis:

- There is no single blood test or scan for fibromyalgia.
- Doctors diagnose fibromyalgia by:
 - Listening to your symptoms
 - Examining your body
 - Ruling out other conditions like arthritis, thyroid problems, or lupus
- Diagnosis usually requires widespread pain for more than 3 months, plus associated symptoms like fatigue and poor sleep.

When to see a doctor:

- Pain is getting worse
- Sleep problems are severe
- Mood problems (anxiety, depression)
- Daily life is affected



FIBROMYALGIA BRONCHURE

How will fibromyalgia be treated?

Exercise

Gentle, regular exercise is one of the most effective treatments. Recommended activities:

- Walking
- Swimming
- Yoga
- Stretching
- Light gym work

Start slowly, increase gradually, and choose activities you enjoy.



Sleep management

Good sleep improves pain and fatigue.

- Sleep at the same time every night
- Avoid caffeine late in the day
- Reduce screen time before bed
- Make your bedroom calm and comfortable

Medication and stress management

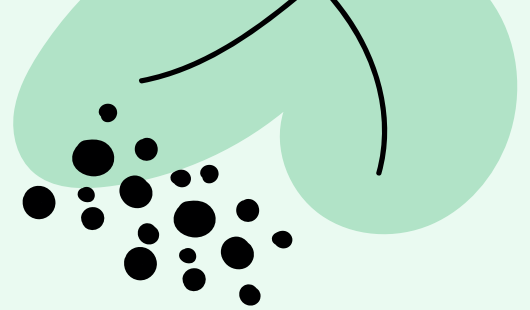
Medications:

Your doctor will provide you with medications that improve:

- Pain relief
- Sleep improvement
- Mood support

Stress management

Counselling or therapy
Mindfulness and meditation
Support groups
Talking openly with family and friends



Living well and support

Managing fibromyalgia day-to-day:

- Pace yourself – avoid overexertion
- Rest when needed
- Stay physically active
- Ask for help from family or friends
- Keep a symptom diary to track triggers and improvements



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