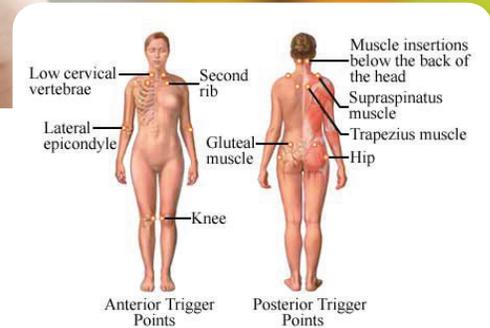


## Body Conditions: FIBROMYALGIA

*Fibromyalgia* is a complex, chronic, and disabling disorder. It causes widespread pain. It also causes poor sleep and fatigue.



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### Causes

The exact cause of fibromyalgia is unknown. Here are some of the conditions that are commonly associated with fibromyalgia:

- Depression and anxiety
- Chronic headache, such as tension headaches
- Irritable bowel syndrome (IBS)
- Dysmenorrhea
- Female urethral syndrome (irritable bladder)

### Risk Factors

Fibromyalgia is more common in women, and in people aged 20-60 years old. Physical or mental stress may also increase your chance of having fibromyalgia.

### Symptoms

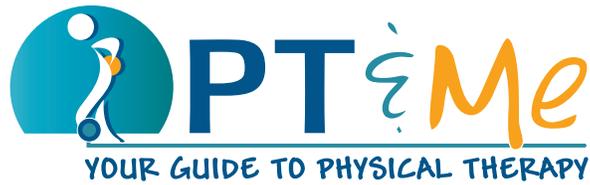
Symptoms and severity of fibromyalgia are different for everyone.

Fibromyalgia may cause:

- Generalized pain and tenderness
- Fatigue
- Weakness
- Poor sleep
- Reduced physical endurance
- Problems with concentration, thought, or memory

Factors that may trigger or worsen symptoms include:

- Weather changes, especially cold, damp weather
- Stress or anxiety
- Overexertion
- Medical illness
- Surgery



## Body Conditions: FIBROMYALGIA

### Diagnosis

The doctor will ask about your symptoms and medical history. A physical exam will be done.

The doctor will look for the following signs:

- Widespread pain lasting three months or longer
- Tenderness (on physical exam) in specific areas of the body

Your doctor may do tests to make sure your symptoms are not due to other conditions.

### Treatment

The goal of treatment is to relieve or control the symptoms. Physical therapy helps by providing specialized therapeutic services that address the needs of FMS clients, as well as establish individualized programs designed specifically for the FMS client. Exercise can have a life-long benefit, especially for people with fibromyalgia. Exercise can energize your body and calm your mind and at the same time, it can be a great method for stress management.

### Prevention

There are no current guidelines to prevent fibromyalgia.