



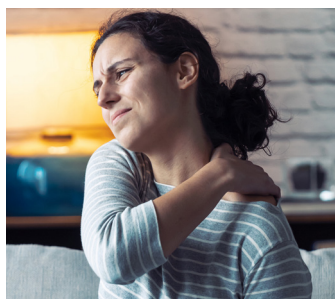
Fibromyalgia

Fibromyalgia is a chronic, arthritis-like illness. It affects the muscles, not the joints.

SIGNS & SYMPTOMS

- Chronic widespread pain on both sides of the body. This lasts for at least 3 months. Muscle pain can be severe.
- Pain in 11 or more of 22 “tender points.”
- Fatigue. Disturbed sleep. Anxiety. Depression.
- Memory lapses. Problems concentrating. Feeling confused.
- Chronic headaches. Jaw pain. A tingling feeling in the limbs.
- Irritable bowel. Swelling and pain in the abdomen. Gas. Constipation. Diarrhea.

TENDER POINTS OF FIBROMYALGIA



CAUSES

The exact cause is not known. Factors to play a role include:

- An illness caused by an infection. Emotional or physical trauma.
- Hormones. Women are affected more often than men.
- Heightened sensitivity to pain
- Family history

TREATMENT

- Movement and exercise therapies. May include physical therapy.
- Medication to manage pain and other symptoms, or antidepressants to treat certain symptoms or to prevent flare-ups.
- Massage therapy
- Cognitive behavior therapy to learn strategies to manage pain, stress, negative thoughts, and depression
- May include complementary therapies, such as acupuncture or myofascial release therapy

TRIAGE QUESTIONS



Does a person with fibromyalgia have severe pain, depression, or anxiety? Is prescribed treatment not helping?

NO



YES



SEE DOCTOR



Do symptoms get worse or do you have new symptoms?

NO



YES



CALL DOCTOR



USE SELF-CARE

SELF-CARE

- Follow the treatment plan advised by your doctor.
- Reduce stress. Use relaxation techniques.
- Get enough sleep.
- Take warm baths. Apply heat. Massage sore muscles.
- Get regular physical activity.
- Manage your energy levels. Rest when you need to.