

## Fast Facts

### Fibromyalgia

- A widespread pain throughout your body
- Associated with fatigue, sleep, memory and mood issues
- Exact cause is unknown
- Believed that repetitive nerve stimulation causes the brain to change, which causes an abnormal increase in certain chemicals that signal pain (neurotransmitters). Unfortunately, your brain's pain receptors develop a memory of the pain causing them to become more sensitive and overreact to future pain signals
- Frequently found to occur in people with other chronic pain conditions, such as irritable bowel syndrome (IBS), migraine/other types of headaches, interstitial cystitis (painful bladder syndrome) and temporomandibular joint disorders
- Certain risk factors can increase chances of developing it: being female, family history of fibromyalgia and having certain disorders (ex. osteoarthritis, rheumatoid arthritis and lupus)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
<ul style="list-style-type: none"> <li>-Dull, constant widespread pain that lasts longer than three months</li> <li>-Pain on both sides of the body and affects the lower half the same as it does the upper half</li> <li>-Fatigue (from sleep disruption due to the pain)</li> <li>-Difficulty focusing, paying attention and concentrating due to lack of sleep</li> </ul>	<p><i>Goal:</i> Lessen symptoms and improve overall health by using medication to decrease the level of pain and enhance the quality of sleep</p> <p><i>Medications:</i></p> <ul style="list-style-type: none"> <li>-Non-narcotics, like acetaminophen, ibuprofen, naproxen or tramadol</li> <li>-Off-label use of medications, including duloxetine, milnacipran, amitriptyline, cyclobenzaprine or gabapentin</li> <li>-Only one medication that is specifically designed to treat fibromyalgia (pregabalin).</li> </ul> <p><i>Other Treatment Options:</i></p> <ul style="list-style-type: none"> <li>-Physical therapy</li> <li>-Occupational therapy</li> <li>-Manage stress</li> <li>-Counseling</li> <li>-Meditation/Yoga</li> <li>-Get adequate sleep</li> <li>-Exercise regularly</li> <li>-Limit caffeine intake</li> <li>-Eat healthy</li> </ul>	<p>With the exact cause unknown, there aren't specific prevention techniques.</p> <p>Main thing to do is live a healthy lifestyle by getting adequate amounts of sleep, eating right, exercising and reducing stress.</p> <p>Manage other conditions that are associated with fibromyalgia</p>

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