

Fibro-My-WHAT?

Fibromyalgia syndrome (also called 'FMS' or 'FM') is a complex, chronic condition, which causes wide-spread pain and fatigue.

The symptoms of fibromyalgia vary a great deal. People with fibromyalgia often complain of varying degrees of muscular pain, stiffness and fatigue.

The pain of FM is usually described as aching, throbbing or burning and is unpredictable in nature. Its severity varies from day-to-day and different parts of the body tend to be affected at different times. Symptoms include:

- **Pain** - present when resting but may be worsened by exercise; in all four limbs and almost always in the upper and/or lower parts of the spine, and/or the head, face and jaw.
- **Fatigue** – wanting to sleep when you're not supposed to but unable to sleep when you are;
- **Stiffness** – occurs upon waking or remaining in one position for prolonged periods.
- **Headaches** – severe and often!
- **Jaw and/or facial pain**
- **Abdominal Discomfort** – IBS (including digestive disturbances, abdominal pain and bloating,

constipation, and diarrhea) makes regular appearances;

- **Numbness and Tingling**, also known as “paresthesia”, symptoms usually involve a prickling or burning sensation, particularly in the extremities.
- **Cognitive Disorders** – difficulty concentrating “spaciness”, “Fog”, memory lapses, word mix-ups when speaking or writing, type of stuttering (difficulty getting words out) and clumsiness or dropping things.
- **Disequilibrium** – dizziness and balance problems. Difficulties in orientation occur when standing, driving or reading.
- **Environmental Sensitivity** – sensitivities to light, noise, voice (when tension head/headache is present) odors, and weather patterns;
- Dryness of the skin, eyes and mouth is also common.

Fibromyalgia Syndrome is often described as the “Irritable Everything Syndrome.”

FIBROMYALGIA

insomnia depression anxiety
spatial disorientation widespread pain memory problems
communication difficulties intolerance to bright lights
morning stiffness in the muscles and joints
irritable bowel syndrome attention deficit disorder
muscle spasms severe and debilitating fatigue
sensitivity to weather and temperature changes
intolerance to sound
rashes and itching changes in visual acuity
severe muscle weakness
recurrent flu-like illness headaches severe allergies
heart palpitations restless leg syndrome
muscle and joint aches with tender and trigger points

Fibromyalgia Awareness Day – May 12th

Millions of people (2-4% of the population) are suffering
EVERY DAY with this debilitating syndrome...

...they just don't know what to call it!

Fibro-My-WHAT?

Fibromyalgia is a collection of signs, symptoms & medical problems that occur together but are not related to a specific, identifiable cause...

...which makes this disorder so incomprehensible to many, and so frustratingly cruel to those who have it.

On May 12th, take the mystery out of fibromyalgia,
and help spread something more powerful: hope!

WEAR PURPLE

International Fibromyalgia Awareness Day

is on May 12th

Help spread awareness...

Wear PURPLE!

Looking for Information or Support:

Arthritis Victoria
arthritisvic.org.au/

Cure4Fibromyalgia.org
cure4fibromyalgia.org/fibro

Fibro Fighterz
fibrofighterz.com

FibroModem
fibromodem.wordpress.com

Fibromyalgia & Fatigue Centres
fibroandfatigue.com

Fibromyalgia Association UK
fibromyalgia-associationuk.org

Fibromyalgia Coalition International
fibrocoalition.org

Fibromyalgia Support Net
fibromyalgia-support.net/index.htm

FibroTalk
fibrotalk.com

May 12 – 2012 Neuroimmune Diseases 20th
Anniversary International Awareness Day
may12.org

National Fibromyalgia & Chronic Pain
Association
fmcpaware.org

National Fibromyalgia Association
fmaware.org

Pain Education
pain-education.com/database-fibr...

The Fibromyalgia Awareness Foundation
fibroawareness.synthasite.com

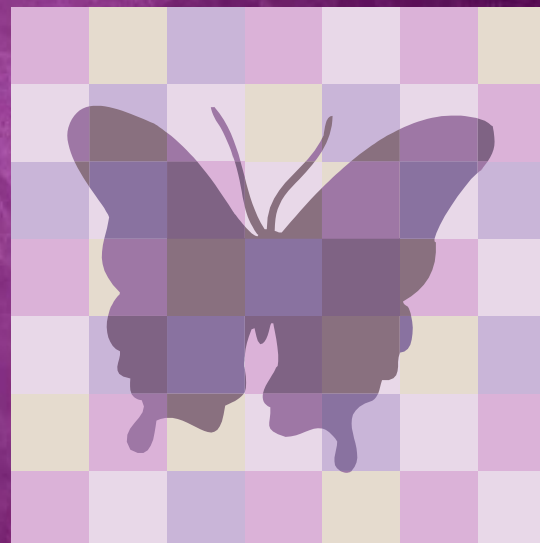
The Fibromyalgia Network
fmnetnews.com

WeAreFibro.org
wearefibro.org

If you would like to know more or need
some support, please contact:

There is no cure

**There is no known cause
Like a thief in the
night, it can take
away your ability to
do even the simplest
task**



**Fibromyalgia can
take away everything
you once loved about
your life**