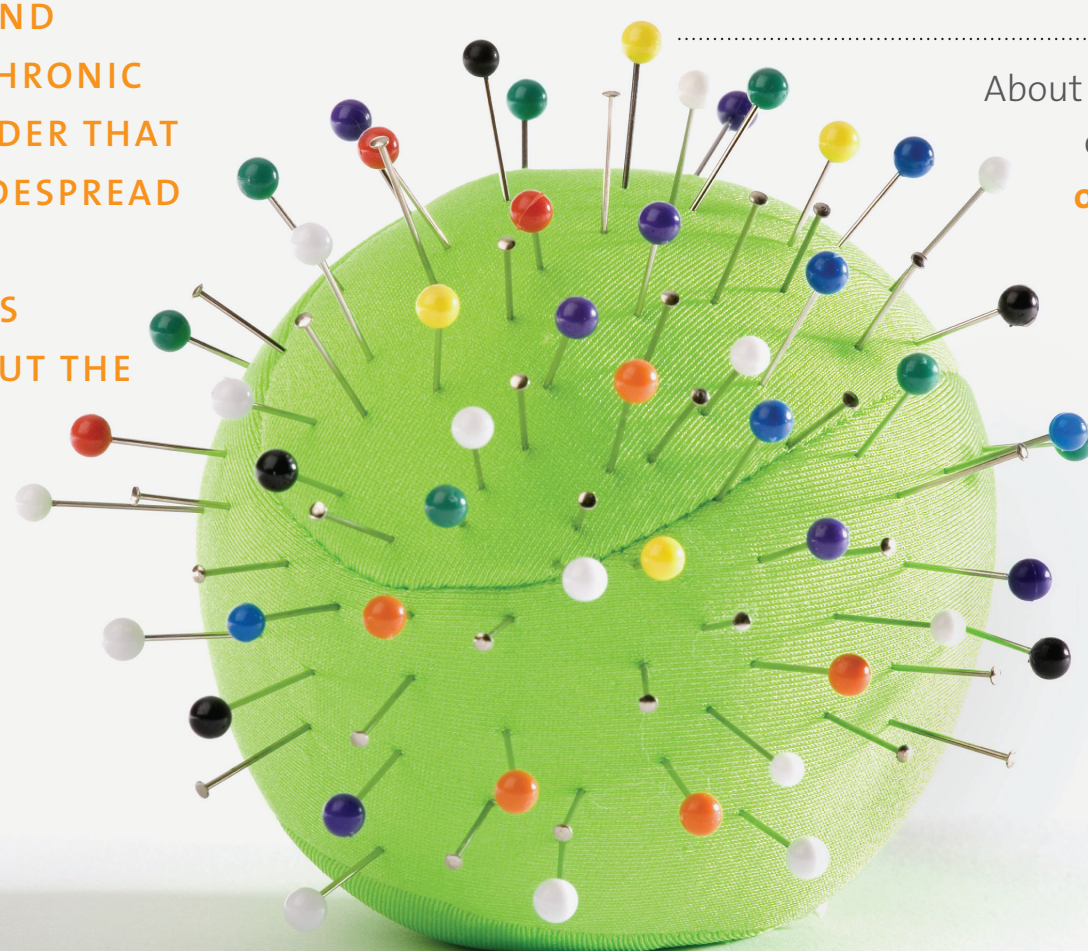


fibromyalgia

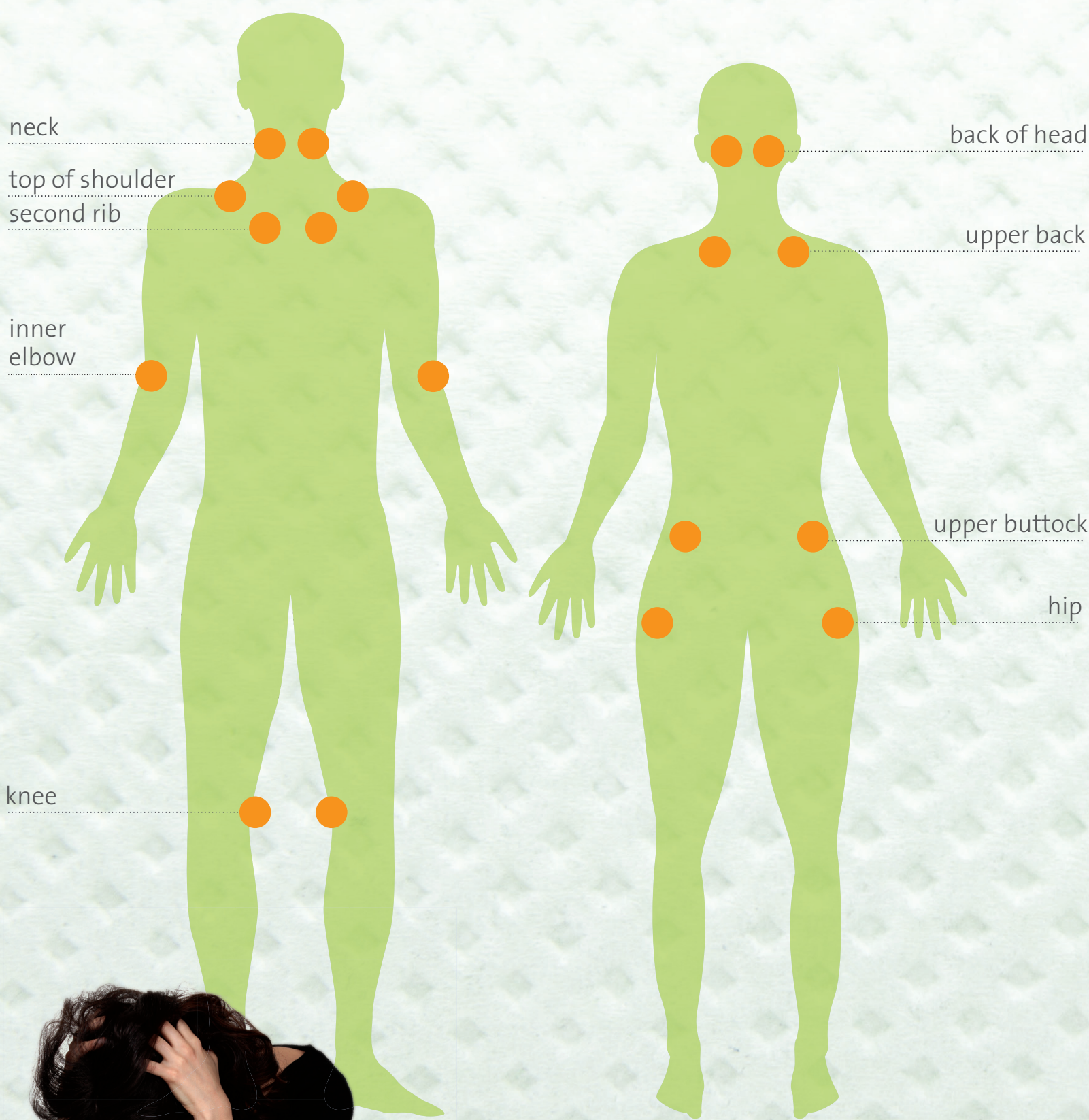
COMMON AND COMPLEX CHRONIC PAIN DISORDER THAT CAUSES WIDESPREAD PAIN AND TENDERNESS THROUGHOUT THE BODY



About 10 million Americans, or **two to four percent of the population**, face this reality when they are diagnosed with fibromyalgia

COMMON SYMPTOMS

Common symptoms may include widespread pain, specific areas of tenderness, fatigue, sleep disturbances, depression and temperature sensitivity. However, the most telling finding is one where the physician applies mild pressure on **18 KEY TENDER PRESSURE POINTS** around the patient's body.



WIDESPREAD CHRONIC PAIN THROUGHOUT THE BODY CAN BE DIFFICULT FOR ANYONE TO HANDLE, BUT FOR MILLIONS OF AMERICANS IT'S A BURDEN THAT ONLY FEELS HEAVIER WHEN ITS EXISTENCE SEEMS IMPOSSIBLE TO PROVE.

SEVERAL LIFESTYLE CHANGES INDIVIDUALS CAN MAKE TO HELP ALLEVIATE SYMPTOMS OF FIBROMYALGIA:



1.

QUALITY OF SLEEP Lack of sleep or sleep disturbances can cause fibromyalgia to flare up or worsen. Patients should discuss sleep issues with a doctor to help them get the sleep needed to ease the pain and fatigue caused by the disease.



2.

EXERCISE Research has shown that regular exercise is one of the most effective treatments for fibromyalgia sufferers. Exercise doesn't have to be vigorous to be effective. A good starting point can include stretching exercises and walking.



3.

HEALTHY DIET No specific diet has been proven to influence fibromyalgia, however many sufferers report feeling better when they eat or avoid certain foods. Patients can discuss with their physician what a healthy, balanced diet looks like.

For more information on fibromyalgia or to find a Premier Health physician near you, visit PremierHealth.com

Sources: Pamela Werner, MD, Miami Valley Primary Care; National Fibromyalgia and Chronic Pain Association; National Institute of Arthritis and Musculoskeletal and Skin Diseases (NIAMS); American Academy of Family Physicians; American College of Rheumatology