

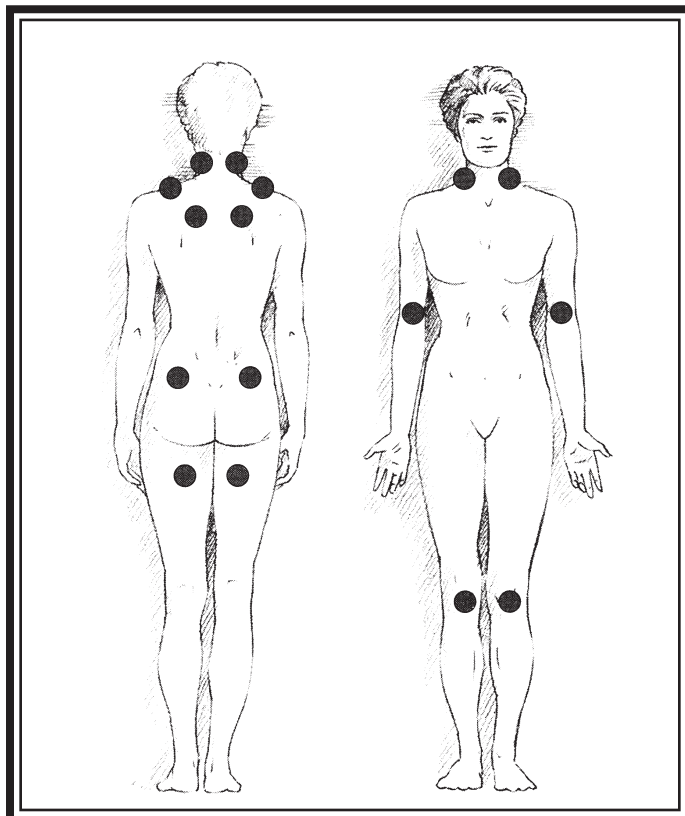
FIBROMYALGIA SYNDROME

This fact sheet was developed from excerpts from the Fibromyalgia Syndrome brochure of the Arthritis Foundation. Illustration is from the Arthritis Foundation's book Fibromyalgia.

WHAT IS FIBROMYALGIA SYNDROME?

Fibromyalgia is a common form of general muscle pain and fatigue. Many people with this condition have trouble sleeping. The word fibromyalgia means pain in the muscles and in the tissues that connect bones (ligaments and tendons). It is not life threatening. It does not lead to deformity. The pain has been described in many different ways including:

- burning,
- gnawing,
- aching, and
- stiffness or soreness.



CAUSE

The cause of fibromyalgia is unknown. Women are effected by the disorder more often than men.



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DIAGNOSIS

There is no lab test. Doctors base their diagnosis on a medical exam and history of symptoms. The doctor will check tender points in the body. These points on the body are painful when pressed. By checking tender points, the doctor will find out

- how widespread the pain has been over the last three months, and
- if there is pain in at least 11 of the 18 tender points.

TREATMENT

Goals of the treatment plan are to reduce pain and improve sleep. Your doctor may recommend a combination of treatments that include:

- medicine to lessen pain and improve sleep,
- relaxation methods to ease muscle tension and worry, and
- education programs to help you learn more about and manage this condition.

For more information contact:

**Missouri Arthritis &
Osteoporosis Program:
1-800-316-0935 or
Arthritis Foundation: 1-800-283-7800**

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