



# What is Fibromyalgia?

## What is Fibromyalgia?

Fibromyalgia describes a muscle disorder characterized by widespread aching that lasts for more than three months. Tender points are found on both sides of the body, and the pain is usually continuous. There may be day-to-day fluctuations in intensity that shift from one area of the body to another. More and more people suffer from Fibromyalgia each year.

## What are the risk factors of Fibromyalgia?

### Gender

Fibromyalgia occurs more often in women than in men

### Age

Fibromyalgia tends to develop during early and middle adulthood

### Disturbing sleep patterns

It is unclear whether sleeping difficulties are a cause or the result of fibromyalgia. However, people with sleep disorders such as night time muscle spasms, restless leg syndrome, or sleep apnea often have fibromyalgia

### Family history

You may be more likely to develop fibromyalgia if a relative also has the condition

### Rheumatic disease

If you have a rheumatic disease, such as rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia

## What are Fibromyalgia symptoms?

- Deep muscle pain
- Morning stiffness
- Sleep problems
- Memory problems
- Constipation or diarrhea
- Depression
- Anxiety
- Headaches
- Fatigue

## What can control Fibromyalgia symptoms?

- Cardiovascular fitness
- Relaxation techniques
- Control of mental stress
- Low-dose antidepressants
- Biofeedback training
- Developing self-management skills
- Occasional trigger point injections into specific tense muscles
- Limit stress
- Consistent sleep patterns
- Taking medications as prescribed

## Are there coexisting conditions?

Many people who suffer from fibromyalgia may also have:

- Depression
- Migraine headaches
- Osteoarthritis
- Post-Traumatic Stress Disorder
- Chronic Fatigue Syndrome
- Restless Leg Syndrome
- Rheumatoid Arthritis
- Irritable Bowel Syndrome (IBS)
- Lupus
- Endometriosis

## What are my Fibromyalgia treatment options?

### Medications

- Antidepressant medications - very helpful in relieving fibromyalgia pain & improving deep restorative sleep. They work by balancing serotonin & other brain chemicals.
- Anticonvulsants - are developed to treat seizures and help relieve many types of pain. Lyrica®, an anticonvulsant, was the first medication approved by the FDA specifically for fibromyalgia pain.
- Analgesics - Acetaminophen (Tylenol®) may ease the pain and stiffness caused by Fibromyalgia

### Injections

• Trigger point injection therapy - local injections of analgesics and/or cortisone medication into the trigger-point areas can also be helpful in relieving painful soft tissues associated with Fibromyalgia

• Botox - blocks neuromuscular transmission and can relieve pain and spasms associated with Fibromyalgia

### Therapy

• Physical therapy - specific exercises can help restore muscle balance and may reduce pain associated with Fibromyalgia

• Counseling - teaches you methods for dealing with stressful situations and may help you manage your Fibromyalgia.

## Where can I find more information?

American Academy of Pain Medicine  
[www.painmed.org/patient](http://www.painmed.org/patient)

American Pain Foundation  
[www.painfoundation.org](http://www.painfoundation.org)

American Pain Society  
[www.ampainsoc.org](http://www.ampainsoc.org)

Spine Universe  
[www.spineuniverse.com](http://www.spineuniverse.com)



**Welcoming Patients  
Five Days a Week**  
Monday through Friday  
8:00 AM - 4:00 PM

**Same Day Appointments  
Available**

**Most Major Insurance  
Plans Accepted**

[www.NewbridgeSpine.com](http://www.NewbridgeSpine.com)