

Fibromyalgia

Fibromyalgia is a benign process that affects mainly women and may last for a long time. It causes generalized chronic pain, tiredness, insomnia, anxiety and/or depression. Other discomforts include a feeling of swelling and tingling of hands, headache, dizziness, memory loss and lack of concentration, menstrual pain or digestive disorders.

You should exercise moderately, stay active and keep working.

How is it diagnosed?

No diagnostic tests are presently available. However, a description of discomforts and physical examination will suffice to confirm the diagnosis. X-rays, blood tests and other tests will allow ruling out other illnesses.

How is it treated?

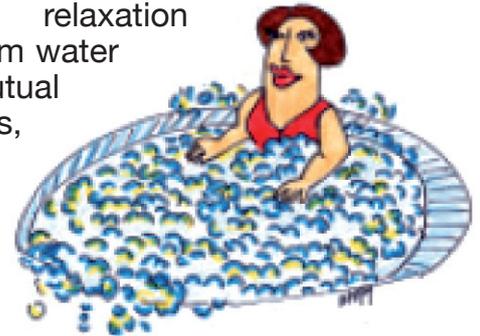
Treatment is directed towards controlling pain, improving sleep and mood, improving physical fitness and helping patients return to work and resume their social lives. Your discomforts and your quality of life will greatly improve if you follow the recommendations below.



What can I do?

Adopt a healthy diet and a healthy lifestyle. Avoid bad postures and inappropriate physical effort.

Psychological counseling is important. Reduce stress by using breathing and relaxation techniques, warm water pools, etc. Mutual support groups, where common problems are shared, can also help.



How should I exercise?

Choose a type or exercise you like and do it regularly, at least 5 days a week for 20-30 minutes. You may either walk, or cycle, or practice yoga for relaxation. Do not overdo your exercise and make sure you do not exceed your tolerance level.

Start out very slowly and increase or decrease intensity according to your tolerance level. Mild stretching and posture training are useful to reduce stress and muscle soreness. Avoid painful exercise.

