German League against Rheumatism: We are there for you

Fibromyalgia is a rheumatic illness. We know a lot about it. We would gladly like to advise and help you.

We can for example help you to learn special gymnastic exercises. You will meet many other people with rheumatism, with whom you can share mutual experiences.

To learn more give us a call: 01804 60 00 00*
Or visit our website: www.rheuma-liga.de

What helps with Fibromyalgia?

Routine exercise such as fast walking or bicycling are important. Start slowly and increase intensity carefully. Heat usually helps. For example a hot water bath or swimming pool.

Sadly, normal pain medication does not help with Fibromyalgia. Do not be surprised if your Doctor prescribes medication against depression. This does not mean, that he thinks that you are very sad. He is prescribing it, because this medication is not only good for treating depression, it is also good for treating pain and sleeping problems.

Relaxing exercises help to deal with the pain better.
A Psychologist can also help, so that the pain eases somewhat. He will show you which behaviour is not good for your illness. Then you learn what you can change so that you feel better.

This is important: You may have to combine several of the suggestions to ease the pain. Like bicycling, relaxation exercises and talks with a Psychologist.

Fibromyalgia Syndrome

The most important information about your illness, summarized for easy understanding.
Fibromyalgia – What is it?

Typical of Fibromyalgia is constant muscle pain. This pain would you have after lots of exercise. Mostly your back hurts. But your neck, chest, stomach, arms and legs can hurt too.

Most people with Fibromyalgia have trouble falling asleep and cannot stay asleep. During the day they are tired and have no energy. In some people their heart beats quickly or they are anxious. Others have trouble concentrating or have stomach, gut or bladder trouble. Trouble with restlessness and sadness can also happen.

Where does the pain come from?

To this day, what causes Fibromyalgia is not known for sure. Possible causes are stress at work, physical abuse, not enough exercise, smoking and being overweight.

But the most important thing is: Even if the pain is very unpleasant, it does not harm the body. Even if the illness lingers on for many years.

It is hard for the Doctor to identify Fibromyalgia. Because Fibromyalgia cannot be identified by a blood test and it cannot be identified by an x-ray. In spite of this, these tests are done. The Doctor wants to ensure that the pain is not caused by something else. Typical of Fibromyalgia is that the specific spots the Doctor presses are very painful. That is why he does this during the examination.