

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.

SHORT & TO THE POINT

Fibromyalgia Syndrome



The most important information
about your illness,
summarized for easy understanding.



**Your Doctor told you
that you have
Fibromyalgia Syndrome.
It is also called Fibromyalgia.
Here is some information for you
to better understand this illness.**

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.

Fibromyalgia – What is it?

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

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.