


FIBROMYALGIA: Invisible Pain is Real Too



It's one of the most common pain and musculoskeletal conditions in the world... but many skeptics believe it's an imaginary condition. Simply read through the symptoms and you'll see this is more than anyone could make up.

Fibromyalgia isn't real? Try telling that to
10 MILLION AMERICANS

 **3-6%** of the world is affected by it

 **8%** of 80+ yr olds have it

 **9/10** are women

FIBROMYALGIA:

Noun, Pathology

Fibra=Fiber

Myos=Muscle

Algia= Denoting Pain



It's Serious:

Fibromyalgia is the second most common musculoskeletal ailment (after osteoarthritis). And musculoskeletal disorders are the most common form of disability in older Americans.

If you had it, you wouldn't want to be told you were "making things up", would you?

SYMPTOMS



- Cognitive difficulties
- Chronic widespread body pain
- Depression



- Moderate to extreme fatigue
- Sleep disturbances
- Sensitivity to TOUCH, LIGHT, and SOUND

90% of sufferers have jaw or facial tenderness

50% suffer from sensitivity to stimulation

50% suffer from constant headaches and migraines

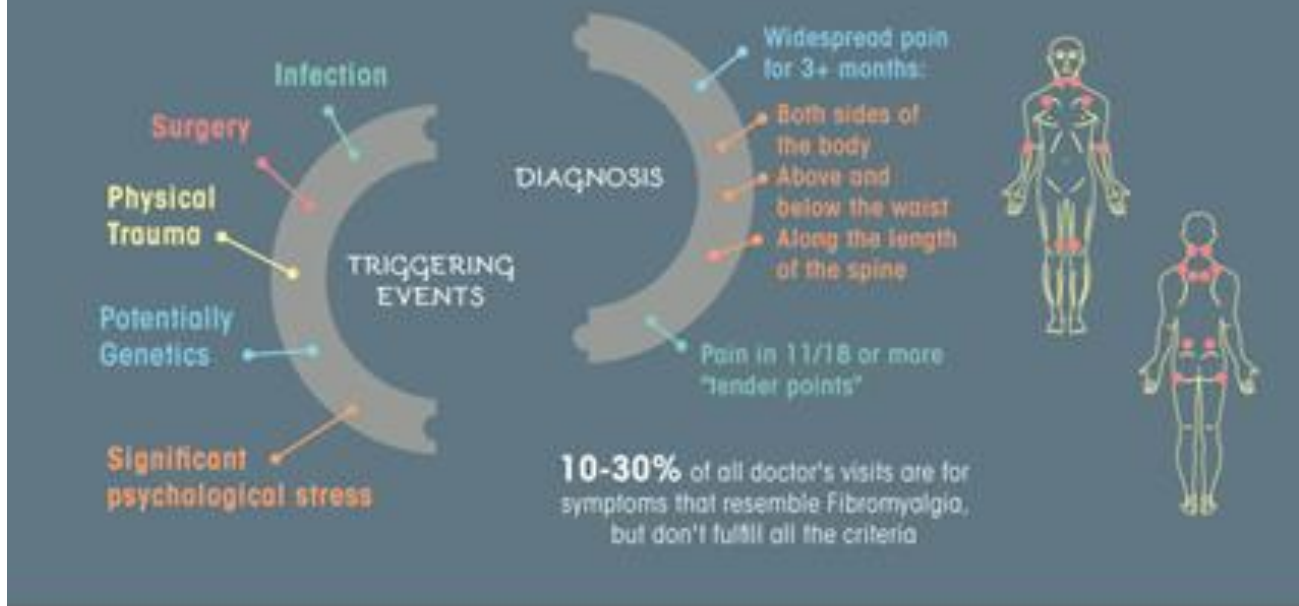
IN ADDITION TO often overlapping symptoms and conditions such as

Irritable Bowel Syndrome • Lupus • Arthritis



That
129 MILLION WOMEN
suffer from
worldwide

HOW DOES IT WORK?



Research has begun to center on the central nervous system's role in Fibromyalgia

MANAGING PAIN

 <p>Drugs approved for Fibromyalgia: Lyrica Cymbalta Savella</p>	 <p>Alternative Therapies: Massage Myofascial release Acupuncture Chiropractic Yoga</p>	 <p>Change your lifestyle to include:</p> <ul style="list-style-type: none"> Diets that really work for you Exercise Coping habits
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FACT: 30-40% of patients either stop working or change jobs

SUPPORT NETWORKS:



American Fibromyalgia Syndrome Association



National Fibromyalgia Association



National Fibromyalgia & Chronic Pain Association