

PATIENT MIND INC.

Reinventing how patients and clinicians absorb new science

Fibromyalgia affects about 10 million US adults.

- The good news is fibromyalgia can be effectively treated and managed.

Your Next Clinical Visit

- You may want to ask your clinician about a condition called Fibromyalgia if you...
 - Experience pain and stiffness all over your body.
 - Experience pain along with sleep problems, fatigue and mental distress.
 - Feel more sensitive to pain than other people (abnormal pain perception processing)
 - Experience pain while feeling depressed or anxious.
 - Experience pain and have a hard time thinking, remembering, and concentrating.
 - Have body pain along with migraines.
 - Experience pain with tingling and numbness in hands and feet.
 - Experience body pain and TMJ.
 - Experience pain with stomach issues including bloating, constipation, and diarrhea.

You may be at higher risk of fibromyalgia if...

- You have other pain conditions.
- suffered a traumatic injury.
- A family history of pain conditions.
- **The diagnosis of fibromyalgia is based on...**
 - family history.
 - physical examination.
 - X-rays.
 - blood work.
- **Your primary clinician may refer you to...**
 - a rheumatologist or pain specialist.
- **Fibromyalgia can be effectively treated and managed with...**
 - medication and...
 - self-management strategies like...
 - aerobic exercise.
 - muscle strengthening exercise.
 - stress management techniques like...
 - Meditation.
 - Yoga.
 - Massage.
 - Quality sleep.
 - Cognitive behavioral therapy

Communication

- Practice shared decision-making: This is when you and your clinician form a plan together based on science and your preferences.