

LEARN ABOUT

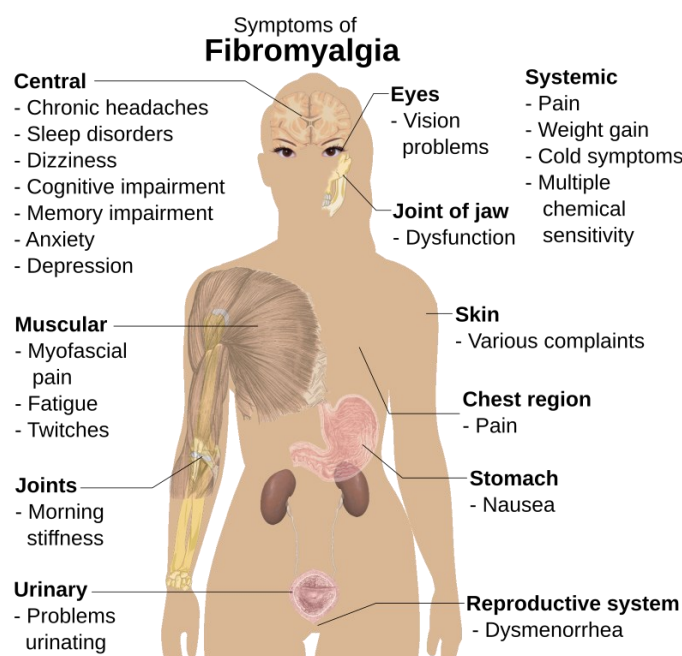
FIBROMYALGIA



This fact sheet is for information only and is not meant to be used for self-diagnosis or as a substitute for consultation with a health care provider. For more information, contact your health care provider or visit the Centers for Disease Control and Prevention at www.cdc.gov.

What is Fibromyalgia?

Fibromyalgia is a long-term condition that causes widespread body pain, tiredness that doesn't go away, trouble sleeping and memory or thinking problems ("fibro fog")



What Causes Fibromyalgia?

The cause is unknown, but it may be associated to the following:

- Family History
- Stress or trauma
- Other health problems such as arthritis or lupus

Treatment

- Gentle exercises like walking, stretching, or swimming
- Maintaining healthy sleep habits
- Counseling or therapy for emotional support
- Relaxation techniques, including yoga or meditation

Tips for Living with Fibromyalgia

- Listen to your body and rest when needed
- Keep a regular sleep schedule
- Stay physically active
- Ask for support from friends, family, and/or a support group