

Identify the Signs and Symptoms of Fibromyalgia

Fibromyalgia Signs and Symptoms

Many Signs and Symptoms of Fibromyalgia overlap with other syndromes. The most common complaint of those suffering from the syndrome, and other overlapping syndromes, are pain and fatigue in muscles and tendons. It is because of these overlapping symptoms that FMS is categorized as a syndrome not a disease.

- What are the Signs and Symptoms of Fibromyalgia?
- What are the Unique Characteristics of Fibromyalgia Symptoms?
- FMS Symptom Information What are the Signs and Symptoms of FMS? Sufferers of this syndrome hurt all over particular pain around tender points, frequently feeling extremely fatigued. Those individuals with Fibromyalgia symptoms feel as if their muscles have been pulled or overworked. Sometimes the muscles twitch, and at other times they burn. Even after numerous tests, the physician is frequently unable to make a specific diagnosis. When family or friends ask what your symptoms are, have them think back to the last time they had a bad flu. Every muscle in the body screamed out in pain, the body felt depleted of energy, as though someone had unplugged the power supply. The severity of fibromyalgia fluctuates from person to person, therefore the treatment protocol differs from person to person, but for most sufferers, FMS syndrome often resembles a post-viral state.

What Are The Unique Characteristics of FIBROMYALGIA SYMPTOMS? According to the latest information, the syndrome is characterized by chronic pain, fatigue and widespread pain in the muscles, ligaments, and tendons; with distinct tender points. Other symptoms of fibromyalgia include stiffness, soft tissue tenderness, and sleep disturbances (a constant interruption of the deep delta sleep needed to rest and restore the body - FMS Sleep Disorder). Research determines that sleep disturbance is a very common ailment of sufferers. The syndrome is not fully understood, however, it is commonly associated with physical and emotional stress, inadequate sleep, an injury, exposure to dampness or cold, certain infections, Fibromyalgia and Lupus, Rheumatoid Arthritis or other related disorders.

Many years ago, this condition was known as Fibrositis, Chronic Muscle Pain Syndrome, Psychogenic Rheumatism, and Tension Myalgia. In 1990, the American College of Rheumatology (ACR) identified a specific criteria for this disease. The ACR classifies a patient with FMS if at least 11 of 18 specific tender points of the body are painful under pressure. The most common sites of pain include the neck, back, shoulders, pelvic girdle, and hands; but any body part can be involved. The patient must also have had widespread, tender point pain lasting at least 3 months. Patients, however, may experience a range of symptoms of varying intensities that keep changing over time. Although the intensity of symptoms may vary, they may never disappear completely. It may be reassuring to know, however, that it is not progressive, crippling, or life-threatening.

FMS Symptoms - Information FM Syndrome patients make up as much as 4% of the entire population. According to the National Foundation for FMS, as many as 12 million Americans suffer from this disease but remain undiagnosed because of its elusive nature. It is most common in women between the ages of 20 - 50, although it also affects men, the elderly, and children. In children, the disease is often mistakenly diagnosed with growing pains or behavioral problems. Fibromyalgia and Chronic Fatigue Syndrome are frequently mistaken for each other since the symptoms of the two diseases are so similar, however FMS affects more individuals than Chronic Fatigue Syndrome - CFS.

- 10 to 12 million Americans suffer from FMS - 90% of them are women in the prime of their life. Patients suffering from FMS sometimes struggle for years before being correctly diagnosed.
- Women are affected much more than men in an approximate ratio of 20:1.
- This condition is seen in all age groups, from young children through old age. In most patients, the problem begins between 20 – 30 years of age.
- This debilitating disease occurs world-wide and has no specific ethnic predisposition.
- Symptoms usually appear between 20 - 55 years of age, but children are also diagnosed with FM syndrome.
- Pain and severe fatigue may keep FMS sufferers from their chosen profession, unable to perform common daily tasks.
- Chronic pain usually continues throughout a patient's life span. We trust this up-to-date overview to be comprehensive and informative. Please continue to explore options to overcome your myalgia symptoms.