

## Information on Fibromyalgia Syndrome

### Information Test

Most Fibromyalgia Information regards fibromyalgia syndrome as a medical enigma. The symptoms of fms syndrome can overlap with other conditions making it difficult to diagnose. A vast majority of doctors concluded from fibromyalgia information that the condition fell along the lines of mental disorders, rather than a medical related problem. Currently, health practitioners are forced to reconsider fibromyalgia syndrome, as a result of new studies, re-evaluating it as a medical related condition. Test your knowledge of fibromyalgia information.

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FMS is most likely to strike a?

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Fibromyalgia Information shows that many patients also suffer from depression, this is because?

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Fibromyalgia Information proves that fms patients should?

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Possible FMS triggers include?

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Fibromyalgia Syndrome is?

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How many patients are Effected with FMS in the USA alone?

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A Classic Diagnostic Feature of FMS Consists of?

Q. FMS is most likely to strike a?

1. 30 year-old woman.
2. 60 year-old woman.
3. 30 year-old man.
4. teenager, either male or female.

A. 3. 30-year-old woman. Women of childbearing age are primarily afflicted FMS symptoms.

Q. Fibromyalgia Information shows that many patients also suffer from depression, this is because?

1. depressed patients imagine they have FMS.
2. Fybromyalgia is a type of depression.
3. both fms and depression are symptoms of chronic fatigue syndrome.
4. researchers are not entirely sure, though it appears some of the same neurochemical imbalances contribute to both depression and Fibromyalgia Syndrome.

A. 4. researchers are not entirely sure, though it appears some of the same neurochemical imbalances contribute to both depression and fms symptoms. Low levels of Serotonin, a brain chemical, contribute to the development of depression and possibly other disorders. It is unclear whether the depression is part of the cause of Fibromyalgia Syndrome, one of many possible symptoms, or simply a response to pain and other symptoms.

Q. Fibromyalgia Information Proves that FMS patients should?

1. exercise.
2. not exercise.
3. do highly repetitive exercises.
4. stay in bed.

A. 1. exercise. Aerobic exercise offers proven benefits to patients. Consult with a health care practitioner and a fitness specialist to determine which exercises are the most beneficial and practical.

Q. Possible FMS triggers include?

1. changes in muscle metabolism.
2. Lyme Disease.
3. trauma.
4. all of the above.

A. 4. all of the above. All three events have been linked (although not definitively) to some cases of Fibromyalgia Syndrome.

Q. Fibromyalgia Syndrome is?

1. treatable.
2. preventable.
3. preventable and treatable.
4. neither preventable nor treatable.

A. 1. treatable. Fibromyalgia symptoms are treatable but the disease is not preventable. Many strategies, medical and non-medical, have proven effective either alone or as a combination.

Q. How many Patients are Effected with FMS in the USA alone?

1. 2 - 4 million.
2. 5 - 7 million.
3. 10 -12 million.
4. 15 - 18 million.

A. 3. 10 - 12 million. 90% Of the patients effected by fibromyalgia are women in the prime of their life, and sometimes struggling for years before being correctly diagnosed.

Q. A classic Diagnostic feature of FMS consists of?

1. trigger points.
2. nodules.
3. tender points.
4. focal points.

A. 3. tender points. A patient is diagnosed with FM syndrome if at least 11 of 18 specific tender points on the body are painful under pressure.