

Fibromyalgia Chronic Pain

Resources

Some psychologists or counselors are specially trained to work with the emotional side of Fibromyalgia Chronic Pain. These people can teach you how to manage the stress of chronic fibromyalgia pain. If you have increased stress, you may feel more pain, although learning to manage stress can help you manage your pain.

If you are suffering with the debilitating symptoms of chronic fibromyalgia pain, take the time to investigate your options. Discuss your symptoms with your health care provider to find a treatment suitable for you.

- How Common is Chronic Pain?
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How Common Is Chronic Pain?

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More than 50 million Americans live with chronic pain caused by various diseases or disorders, and over 10 million of those afflicted suffer with FIBROMYALGIA CHRONIC PAIN. *

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Nine out of ten Americans suffer from regular pain (89% report they have some sort of pain on a monthly basis, or more often). Although the medical knowledge and technology is now available, in most cases pain goes untreated, under-treated, or improperly treated. Patients do not realize that it is not something they "just have to live with," treatments are available to decrease most types of pain. In fact, if untreated, pain can make other health problems worse, as is the case with fibromyalgia chronic pain.

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Four in five Americans believe aches and pains are a part of getting older and 64% only see a physician when they can not stand the symptom any longer. Sixty percent say that pain is something you just have to live with, and 55% say they are uncomfortable taking medications.

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Pain causes the majority of sufferers (68%) to feel anxious, irritable, or depressed.

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More than half of those with pain say that it interferes with their ability to sleep.

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Forty percent of those with pain say that this symptom interferes with their productivity and ability to work.

* Statistical Source: The American Pain Foundation

What Can You Do About Fibromyalgia Chronic Pain?

If you are suffering from Chronic Fibromyalgia Pain, join a support group to avoid isolation and loneliness. There are local support groups that you can attend with people who know what you are experiencing and there are also online communities that offer support and understanding. The National Pain Foundation's My Community - www.painconnection.org is a good way to share your story and to connect with others online. The American Chronic Pain Association has support groups throughout the country. Contact the ACPA at www.theacpa.org or (800) 533-3231 to find a group near you.

Most importantly, take charge and be active - exercise, begin alternative treatments, and consider using nutritional support for your body imbalance, this will help relieve the stress and emotional suffering you must endure on a daily basis.