



With Benita Zahn

*Health Link 2007-02 Fibromyalgia Syndrome  
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## **Fibromyalgia Syndrome**

Fibromyalgia Syndrome is a confounding condition. Marked by widespread body pain and fatigue - patients say they feel like they've been "run over by a truck". More women than men are affected, but it's a condition that knows no age barriers. It's often difficult for friends and family to understand how you're feeling. Tell them to remember how miserable they felt when they suffered a bout of the flu.

Fibromyalgia symptoms may also include:

- fatigue
- sleep disorders
- irritable bowel syndrome
- chronic headaches
- tmj (temporo-mandibular joint)

There is a belief FMS may be one and the same with Chronic Fatigue Syndrome. Bottom line, if you're suffering with any of these symptoms, have your doctor consider Fibromyalgia Syndrome.

### **For more information**



Check out the award winning web site for the NATIONAL FIBROMYALGIA ASSOCIATION, a non-profit 501(c)(3) organization whose mission is to develop and execute programs dedicated to improving the quality of life for people with fibromyalgia by increasing the awareness of the public, media, government and medical communities. <http://www.fmaware.org>