



Know the facts: How to control your Fibromyalgia

What is Fibromyalgia?


Fibromyalgia syndrome is a chronic pain disorder. No one knows what causes it and anyone can get it.

Fibromyalgia can make people feel tired. It also causes muscle pain and “tender” points, which are places on the neck, shoulders, back, hips, arms and legs that hurt when they are touched.

What can I do to feel better?

There is no cure for Fibromyalgia, but getting enough sleep, exercising, eating well and taking medications can help you control your pain.

- **Get enough sleep.** You need 7-9 hours of sleep every night. Sleep restores your energy so you can manage your pain.
- **Apply heat to your muscles.** Heat reduces pain and soreness. Take a hot shower or bath.
- **Exercise.** When you exercise, your body releases chemicals which make you feel better. Exercise also keeps your muscles from getting weak and can help you feel less depressed.
 - ✓ Get 30-60 minutes of heart-pumping exercise every day. Ask your healthcare provider for some exercises that are best for you.
 - ✓ If you are new to exercise, start slowly.
 - ✓ The best time to exercise is when you feel you have energy.
 - ✓ Ask your healthcare provider if you should go to a physical or occupational therapist.
- **Eat well.** Eating well will give you strength to exercise.
 - ✓ Eat plenty of whole grains, high fiber foods, fish, and 5-7 servings of fruits and vegetables each day.
 - ✓ Avoid white sugars and processed or packaged foods. These are generally high in calories and salt.
 - ✓ Avoid drinking caffeine and alcohol.
- **Take the medications prescribed by your doctor.** While some people are able to manage their Fibromyalgia symptoms without drugs, others take prescription medications such as antidepressants and pain medications.
 - ✓ **Low Dose Tricyclic Anti-depressants** can improve pain, quality of sleep, overall well being. Doctors suggest patients take these medications at night to help with sleep problems.
 - ✓ **Pain medicines** may be used for pain control if exercise and lifestyle changes are not effective.
 - ✓ **Anticonvulsants** can offer improvements in pain, sleep quality and fatigue.



Regular exercise reduces pain symptoms over time. Walking and swimming are great ways to exercise for people with Fibromyalgia. Stretching is also important and helps warm up and cool down your muscles.

- **Learn about your condition and figure out the things that work for you!** One of the most important things you can do to control your Fibromyalgia is [learn more about it](#). Knowing about your diagnosis can help decrease your fears and concerns.
 - ✓ Keep a diary of your activities and ways you control your pain. Once you know the things that make your pain worse, you can make changes to them.
 - ✓ Ask your healthcare provider for more information about Fibromyalgia. The Arthritis Foundation has free brochures and newsletters at www.arthritis.org or call its toll free number at 1-800-283-7800.

**Call 1-888-545-1710 to speak to a nurse 24-hours a day
or visit our website at: www.WYHealthyTogether.com**

Healthy Together! is offered by the Wyoming Department of Health to all Wyoming EqualityCare clients at no cost. The program provides one-on-one support from a nurse, educational materials to encourage the self-management of health and assistance in coordinating care among multiple providers. **Healthy Together!** also provides EqualityCare clients with information on weight loss, smoking cessation, and how to adopt healthy lifestyles. **Healthy Together!** was named the Best Government Disease Management Program by the Disease Management Association of America in 2005.