

Signs and Symptoms of Fibromyalgia

Various combinations from the following list can be anticipated:

Central Nervous System

Fatigue, irritability, nervousness, depression, apathy, listlessness, impaired memory and concentration, anxieties, and even suicidal thoughts. Insomnia and frequent awakening due to pain result in non restorative sleep.

Musculoskeletal

Swollen structures press on nerves to produce all types of pains especially morning stiffness. Any muscle, tendon, ligament or fascia in the face, neck, shoulders, back, hips, knees, ankles, feet, arms, legs and chest may participate. They also cause calf/foot cramps, numbness and tingling of the face or extremities. Old injured or operative sites are commonly affected. Fibromyalgia is erroneously considered non-arthritic even though joint pain, swelling, heat and redness are common.

Irritable Bowel (Often called leaky gut, spastic colon or mucous colitis)

Symptoms include nausea (usually transient, repetitive waves), indigestion, gas, bloating, deep pain, cramps, alternating constipation, and diarrhea sometimes with mucous stools.

Genitourinary

Mostly affecting women are pungent urine, frequent urination, bladder spasms, burning urination (dysuria) with or without repeated bladder infections and interstitial cystitis. Vulvodynia (vulvar pain syndrome) includes vaginal spasm, irritation of the labia (vulvitis) or deeper (vestibulitis) that induce painful intercourse (dyspareunia) all without the typical cottage-cheese discharge that accompanies yeast infections. Fibromyalgia is worse premenstrually as are PMS and uterine cramping.

Dermatological

Various rashes may appear with or without itching: Hives, red blotches, itchy bumps or blisters, eczema, seborrheic or neurodermatitis, and rosacea. Skin is dry and nails are brittle or easily peel; hair is of poor quality and often falls out prematurely. Strange sensations (paresthesias) are common such as cold, burning (especially palms, soles and thighs), crawling, electric vibrations, prickling, super-sensitivity to touch, and flushing often with sweating.

Head, Eye, Ear, Nose, and Throat

Headaches (migraines), dizziness, vertigo (spinning) or imbalance; itchy, burning and dry eyes or lids sometimes produce morning sticky or sandy discharges; blurred vision; hay fever or nasal congestion and post-nasal drip; painful, burning or cut-tongue sensation, scalded mouth and

abnormal tastes (bad, metallic); intermittent low-pitched sounds or transient ringing in the ears (tinnitus); ear and eyeball pain; sensitivity to light, sounds and odors (perfumes or chemicals).

Miscellaneous Symptoms

Weight gain; mild fever; reduced immunity to infection; fluid retention with morning eyelid and hand swelling that gravitates to the legs by evening, stretches tiny tissue nerves to produce restless leg syndrome; adult-onset asthma.

Hypoglycemia Syndrome

This is a separate entity that may affect thirty percent of female and fifteen percent of male fibromyalgics. Sugar craving, tremors, clamminess, anxiety, panic attacks, heart pounding, headaches and faintness induced by hunger or by eating sugar and starches (carbohydrates) are solid clues for diagnosis. Hypoglycemics **must** follow a prescribed diet or they will not fully reverse symptoms that strongly overlap those of fibromyalgia.