

FIBROMYALGIA

Fibromyalgia is pain in the joints, ligaments, tendons, and muscles. Common areas of pain include the neck, elbows, knees, and hips.

SYMPTOMS

- Pain is the main symptom. The pain can be constant, or it may seem to move around the body. Stress or even weather can make the pain worse.
- Fatigue, insomnia, and depression.
- Numbness in parts of the body sensitivity to odors, light, and noise.
- Difficulty focusing.

SELF CARE

- Exercise in ways that don't put stress on your joints, such as swimming or using an exercise bike.
- Reduce stress.
- Avoid alcohol and caffeine, especially close to when you go to bed.

TREATMENT

- See your doctor for prescription medication to reduce pain or to help you sleep.
- If you do not see a doctor, you may take Tylenol over the counter as prescribed.

Matthew 28:19-20 "Go ye therefore and teach all nations, baptizing them in the name of the Father, and of the Son, and of the Holy Ghost. Teaching them to observe all things whatsoever I have commanded you, and lo I am with you always, even unto the end of the world." Amen