



## An Easy Way to Understand Fibromyalgia (Paperback)

By Brian B Jacques

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Fibromyalgia affects millions of Americans, and 20 times more women than men. Women in the 20 - 60 age range are most at risk. The cause of fibromyalgia is unknown, there is no cure and in addition, it is not well understood. Therefore, having a physician do an evaluation of the symptoms, and provide a definite diagnosis of a fibromyalgia condition is essential, if a treatment protocol is to be put in place for an individual, who is experiencing symptoms of fibromyalgia. This should mean that they will be able to obtain some relief from the pain and improve their quality of life. Whilst primary symptoms of fibromyalgia are tenderness in the muscles as well as pain, other areas of the body are also affected; for example the digestive system as well as mental processing. Because there is this overlapping of symptoms a physician or patient can often refer to fibromyalgia not as a disease or illness, but as a syndrome. Depression often accompanies fibromyalgia, this is due to the ever present pain, and that close family and friends often do not...



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