

## TRANSCRIPT:

### What is Fibromyalgia?

Hallo and welcome to Healthination. I'm doctor Holly Atkinson. We've all felt occasional random pains and tenderness in our muscles and joints. But imagine feeling that pain all the time. And worse – not knowing what may be causing it. For many women and even some men that pain and tenderness could be fibromyalgia. It's a condition that affects five to ten million Americans but the diagnosis isn't always clear-cut. While many diseases and conditions have identifiable causes and specific symptoms, fibromyalgia isn't so straightforward. Some doctors even question whether it's a clear-cut disorder.

Fibromyalgia is a syndrome—not a disease per se—which means that it's a set of symptoms or conditions that occur together. The symptoms experienced by individual patients differ, and the intensity of symptoms can vary over time.

Common symptoms of fibromyalgia include: fatigue; widespread pain, which can be described as "shooting" or "stabbing," and this can be worse in the morning; stiffness, also usually worse in the morning, and it often sets in after sitting for a long period of time; sleeping problems; aching and tenderness in muscles and joints, these can also be widespread; or patients may complain of neurological symptoms like numbness, tingling, and burning, these problems can also be worse in the morning.

Other, more specific, but less common symptoms include: so called "fibro-fog," or memory loss; headaches; restless legs syndrome; irritable bowel syndrome; and anxiety and depression.

The list of symptoms associated with fibromyalgia is long. And, while some are minor, the most severe symptoms can interfere with basic daily activities and have debilitating effects.