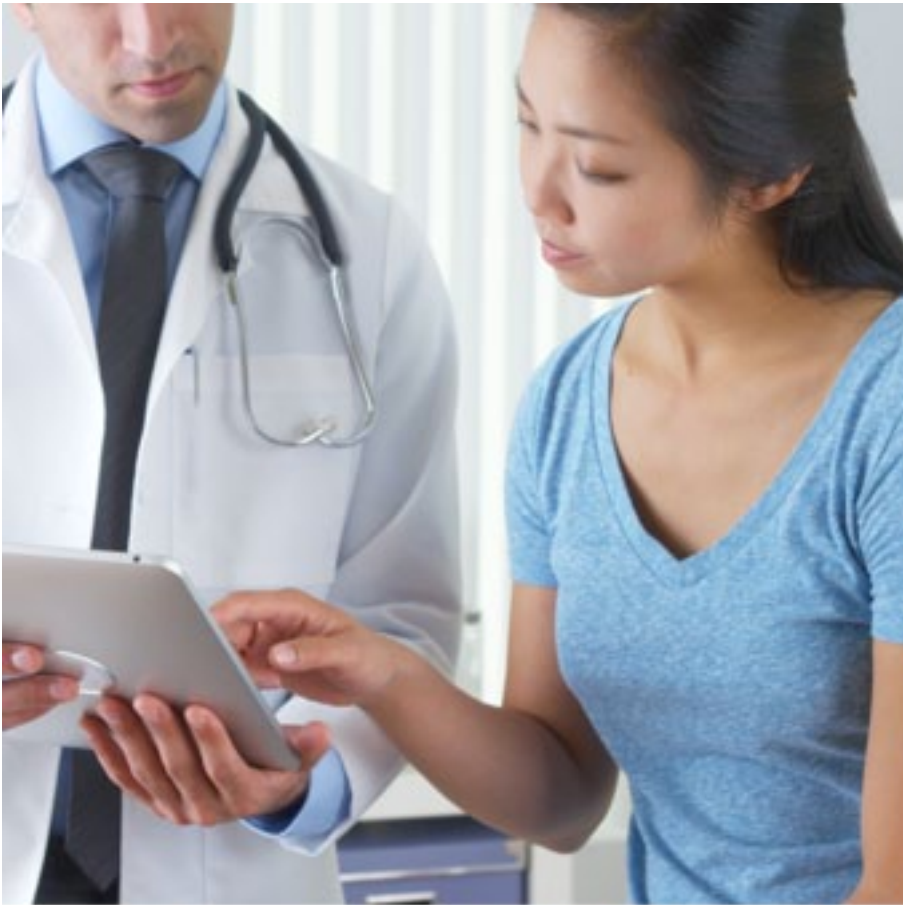


## Fibromyalgia



### Overview

This chronic condition is believed to be a type of interference with the way your brain processes pain signals. It leaves you highly sensitive to pain. If you have this condition, you may feel long-lasting pain throughout your body.

### Causes

Doctors aren't sure why fibromyalgia develops. Several factors may play a role. It may be linked to genetics. It may be linked to certain infections. And it may be triggered by physical or emotional trauma.

### Symptoms

Fibromyalgia can be hard to diagnose. It is more common in women than in men. Symptoms may include a dull pain throughout your body that lasts for more than three months. You may feel fatigued, and you may sleep poorly. You may have headaches, and you may have difficulty concentrating. You may have irritable bowels. These symptoms can lead to depression and anxiety.

### Treatment

Treatment options may include medications and therapy. You may also benefit from exercise, and from relaxation techniques. Your healthcare provider can develop a care plan that is right for your needs.

