

# Fibromyalgia Friends Together

Fibromyalgia is a recognised illness. The main symptoms of Fibromyalgia are widespread pain, profound fatigue, headaches, depression, increased sensitivity, fibro fog and irritable bowel.

These are our **Top 10 Tips** for living with fibromyalgia.

01

## Support Group -

Join a Fibromyalgia support group such as Fibromyalgia Friends Together, it is really useful to talk to people who understand what you are going through.

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## Pace Yourself -

Take time to come to terms with your diagnosis and learn to manage your symptoms. Organise and prioritise your workload as you won't be able to do as much as you used to. Be kind to yourself and accept help from wherever possible.

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## Health Professional -

Try to find a GP that understands and recognises fibromyalgia. Keep a food and pain diary and take it with you to all appointments. Ask for a referral to a rheumatologist, pain clinic, physiotherapist or dietitian and be persistent

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## Treatment -

Fibromyalgia is different for everyone, so it's important to learn how it affects you. There is no one treatment or medication that works for all; what suits one person will not necessarily suit another.

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## New Symptoms -

Do not ignore new symptoms; it is not always fibromyalgia. If you are not sure, see your GP.

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## Complementary Therapies -

Try complementary therapies such as Acupuncture, Reflexology or Aromatherapy. Hyperbaric Oxygen Chamber Treatment, available at MS therapy centres, has shown promise in helping people with pain and insomnia. A hot bath or shower can help to ease aches and pains.

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## Relaxation -

Stress often increases symptoms, therefore it is important to relax as much as you can. Learn how to relax by joining a relaxation or mindfulness class; do whatever it takes for you to switch off, reading, painting, knitting, music, visiting family or friends.

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## Exercise -

It is better to keep moving if you can. Take gentle exercise such as walking or swimming, or join an exercise class such as Yoga, Tai Chi, Pilates etc.

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## Information -

Fibromyalgia Action UK is the registered charity for Fibromyalgia where you can get a variety of information. Seek support online, there are many sites supporting Fibromyalgia. Our Facebook group is Fibromyalgia Friends Together Leicestershire. Use the internet as a tool but recognise not all information is correct.

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## Benefits -

Apply for any relevant benefits as these can make your life much easier. Keeping a diary of symptoms will help you complete the forms. Help is available at your local CAB office. If you have difficulty walking apply for a Blue badge

## Contact:

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## Shuttlewood Clarke Foundation

Ulverscroft Grange, Whitwick Road, Ulverscroft, Leicestershire. LE67 9QB

**Fibromyalgia Friends Together** meet on the third Thursday of the month at Ulverscroft Manor, Priory Lane, Ulverscroft, Leicestershire. LE67 9PH