



## What is fibromyalgia?

Fibromyalgia is a neurologic chronic health condition that causes pain all over the body and other symptoms. Other symptoms of fibromyalgia that patients most often have are:

- Tenderness to touch or pressure affecting muscles and sometimes joints or even the skin
- Severe fatigue
- Sleep problems (waking up unrefreshed)
- Problems with memory or thinking clearly

Some patients also may have:

- Depression or anxiety
- Migraine or tension headaches
- Digestive problems: irritable bowel syndrome (commonly called IBS) or gastroesophageal reflux disease (often referred to as GERD)
- Irritable or overactive bladder
- Pelvic pain
- Temporomandibular disorder - often called TMJ (a set of symptoms including face or jaw pain, jaw clicking, and ringing in the ears)

## What causes fibromyalgia?

The causes of fibromyalgia are unclear. They may be different in different people. Current research suggests involvement of the nervous system, particularly the central nervous system (brain and spinal cord). **Fibromyalgia is not from an autoimmune, inflammation, joint, or muscle disorder.** Fibromyalgia may run in families. There likely are certain genes that can make people more prone to getting fibromyalgia and the other health problems that can occur with it. Genes alone, though, do not cause fibromyalgia.