



**Tips to maintain
a better life with Fibromyalgia**

FIBROMYALGIA

Prevalence

Fibromyalgia is one of the most common chronic pain conditions. Fibromyalgia is a specific kind of pain that's chronic, widespread, and often accompanied by tenderness. **"Chronic"** means that the pain lasts a long time—at least 3 months or longer. Many people experience fibromyalgia pain for years before being diagnosed. **"Widespread"** means that it is felt all over, in both the upper and lower parts of the body. However, many people with fibromyalgia feel their pain in specific areas of their body, such as in their shoulder or neck. And **"Tenderness"** means that even a small amount of pressure can cause a lot of pain. While it is most prevalent in women 75-90 percent of the people who have FM are women it also occurs in men and children of all ethnic groups.

Symptoms

The type of symptom and intensity of pain depends on patient to patient. The common symptoms are as follows

- ▶ Deep muscle pain and soreness
- ▶ Morning stiffness
- ▶ Radiating pain
- ▶ Sensitivity to touch
- ▶ Problems sleeping
- ▶ Fatigue



Do's

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Don'ts

- ▶ Do listen to your body. Take "time out" if you need one.
- ▶ Do make good use of the energy you have.
- ▶ Do keep your mind busy. Stay mentally active.
- ▶ Do stick to a schedule. Maintain daily routines and activities.
- ▶ Do ask your doctor from time to time about medication as well as about other alternatives for treating fibromyalgia.
- ▶ Don't skip your doctor's visit to attend your family's need first.
- ▶ Don't overdo it on the days that you're pain and fatigue free.
- ▶ Don't excessively stress about your next fibromyalgia flare. It will further worsen the situation.
- ▶ Don't listen to people who cannot acknowledge your symptoms.
- ▶ Don't shut down from outside world. You'll always feel better when you are connected to your loved ones. They are your vital support system.

Exercises

Physical activity is important for overall health and wellness. Regular activity is a key factor in managing Fibromyalgia Pain along with meal planning, taking medication as required, and stress management.

Tips on exercises for Fibromyalgia

Stretching

Daily stretches can help your joints move more smoothly. You may hear this called range of motion. Focus on the big muscle groups: calves, thighs, hips, lower back, and shoulders. Hold the stretch for 30 seconds. Stop if it hurts. Try to stretch two to three times a week.



Aerobic Exercise

This is one of the best ways to take charge of your fibromyalgia. An aerobic exercise uses your large muscles over and over for a set period of time. Walking is the easiest, and you don't need any special tools other than a good pair of shoes.



Isometric Chest Press

If regular strength-training hurts, try exercises called isometrics. You'll tense your muscle without any visible movement. Here's how: Hold your arms at chest height. Press your palms together as hard as you can. Hold for 5 seconds, then rest for 5 seconds. Do this five times.



Yoga for Fitness in Fibromyalgia

This blend of stretches and meditation can also help you get more fit. The postures you hold, called asanas, ease aches and pains. And the exercises that teach you to focus your thoughts, called dharana, can help you overcome fibro fog. Meditation keeps your mind in the present, which help you handle Fibromyalgic pain.





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