

WHAT YOU CAN DO

Fibromyalgia

Fibromyalgia (fye-bro-my-AL-jah) is when you have pain in many parts of your body that lasts a long time.



Try to walk or be active at least 30 minutes each day.



Eat more fruits and vegetables.



Don't smoke. Don't drink caffeine.

There are things you can do to ease your pain and stress. Here's what you can do to help:

Exercise

- Stretch when you wake up.
- Try to walk or be active at least 30 minutes each day.

Sleep Better

- Go to bed early.
- Get at least 8 hours of sleep per night.

Make Healthy Choices

- Eat more fruits and vegetables.
- Don't drink caffeine.
- Don't smoke.
- Don't drink alcohol.

Learn how to deal with your stress

- Try to focus on the "good" rather than the "bad"
- Talk to a friend or family member
- Practice relaxing by
 - deep breathing
 - sitting in a hot tub or taking a hot shower
 - applying hot pack or wraps to sore spots

Ask Your Doctor if you should be on medicine for fibromyalgia or depression.

Ask Your Doctor for tips on how to sleep better.

Ask Your Doctor if you are getting enough exercise.

My next appointment with the doctor is ____/____/____

Questions to ask your doctor or pharmacist:

- What medicine do I need to take for my fibromyalgia? _____
- How many times a day should I take my fibromyalgia medicine? _____
- What are the side effects of the medicine? _____
- How long will I need to take my fibromyalgia medicine? _____
- Are there any foods or drinks I should not have while taking my medicine? _____
- How do I take my medicine? _____
- If I forget to take my medicine, what should I do? _____
- Can I take my medicine for my fibromyalgia with any other medicines? _____