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### Appointments at Mayo Clinic

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## Diseases and Conditions

# Fibromyalgia

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### Definition

## Definition

By Mayo Clinic Staff

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The Mayo Clinic Diet

5-25 lbs »

25-50 lbs »

50+ lbs »

Fibromyalgia is a disorder characterized by widespread musculoskeletal pain accompanied by fatigue, sleep, memory and mood issues. Researchers believe that fibromyalgia amplifies painful sensations by affecting the way your brain processes pain signals.

Symptoms sometimes begin after a physical trauma, surgery, infection or significant psychological stress. In other cases, symptoms gradually accumulate over time with no single triggering event.

Women are much more likely to develop fibromyalgia than are men. Many people who have fibromyalgia also have tension headaches, temporomandibular joint (TMJ) disorders, irritable bowel syndrome, anxiety and depression.

While there is no cure for fibromyalgia, a variety of medications can help control symptoms. Exercise, relaxation and stress-reduction measures also may help.

## Appointments & care

At Mayo Clinic, we take the time to listen, to find answers and to provide you the best care.

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**LYRICA can provide significant relief from Fibromyalgia pain.\***

\* Individual results may vary

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**Important Safety Information**

LYRICA is not for everyone. LYRICA may cause serious, even life threatening, allergic reactions. Stop taking LYRICA and call your doctor right away if you have any signs of a serious allergic reaction. Some signs are swelling of your face, mouth, lips, gums, tongue, throat or neck or if you have any trouble breathing, or have a rash, hives or blisters.

Drugs used to treat seizures increase the risk of suicidal thoughts or behavior. LYRICA may cause suicidal thoughts or actions in a very small number of people, about 1 in 500. Patients, family members or caregivers should call the doctor right away if they notice suicidal thoughts or actions, thoughts of self harm, or any unusual changes in mood or behavior. These changes may include new or worsening

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[The Mayo Clinic Diet - Designed to help you lose 6 to 10 lbs in 2 weeks](#)

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## Fibromyalgia

[fibromyalgia.newlifeoutlook.com](http://fibromyalgia.newlifeoutlook.com)

[Guide To Chronic Pain & Fatigue.](#)  
[Articles On Fibromyalgia.](#)

### Products and Services

1. [DVD: Mayo Clinic Wellness Solutions for Fibromyalgia](#)
2. [Book: Mayo Clinic Book of Alternative Medicine, 2nd Edition](#)
3. [DVD: Mayo Clinic Wellness Solutions for Irritable Bowel Syndrome](#)

### See also

- [Milnacipran \(Savella\) for fibromyalgia: What makes it different?](#)
- [Cupping therapy: Can it relieve fibromyalgia pain?](#)
- [Is gabapentin an effective treatment for fibromyalgia?](#)
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[chamberlain.edu](http://chamberlain.edu)

[Earn Your RN To BSN in 3 Semesters. Online, Affordable & User Friendly!](#)

## 5 Dementia Warning Signs

[w3.blaylockwellness.com](http://w3.blaylockwellness.com)

[Your Body May Warn You 4 Months Before Dementia Strikes.](#)

## Panera Bread Coupons

[panerabread.shopathome.com](http://panerabread.shopathome.com)

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