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By Chris at 3:54 pm, Nov 24, 2015



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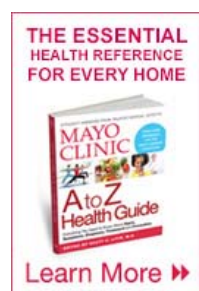
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Symptoms

By Mayo Clinic Staff

Symptoms of fibromyalgia include:

- **Widespread pain.** The pain associated with fibromyalgia often is described as a constant dull ache that has lasted for at least three months. To be considered widespread, the pain must occur on both sides of your body and above and below your waist.
- **Fatigue.** People with fibromyalgia often awaken tired, even though they report sleeping for long periods of time. Sleep is often disrupted by pain, and many patients with fibromyalgia have other sleep disorders, such as restless legs syndrome and sleep apnea.
- **Cognitive difficulties.** A symptom commonly referred to as "fibro fog" impairs the ability to focus, pay attention and concentrate on mental tasks.
- **Other problems.** Many people who have fibromyalgia also may experience depression, headaches, and pain or cramping in the lower abdomen.

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References

Products and Services

Book: The Mayo Clinic A to Z Health Guide

DVD: Mayo Clinic Wellness Solutions for Fibromyalgia

Book: Mayo Clinic Book of Alternative Medicine, 2nd Edition

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