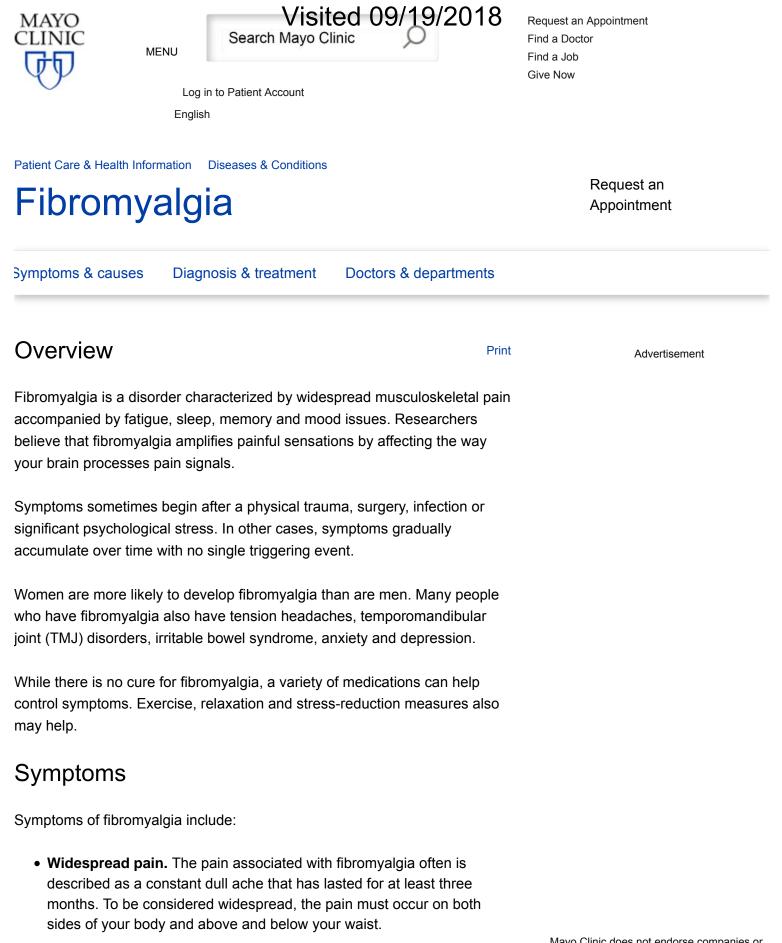
Fibromyalgia - Symptoms and causes - Mayo Clinic

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• 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,

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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.

Fibromyalgia often co-exists with other painful conditions, such as:

- Irritable bowel syndrome
- Migraine and other types of headaches
- Interstitial cystitis or painful bladder syndrome
- Temporomandibular joint disorders

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Causes

Doctors don't know what causes fibromyalgia, but it most likely involves a variety of factors working together. These may include:

- **Genetics.** Because fibromyalgia tends to run in families, there may be certain genetic mutations that may make you more susceptible to developing the disorder.
- Infections. Some illnesses appear to trigger or aggravate fibromyalgia.
- **Physical or emotional trauma.** Fibromyalgia can sometimes be triggered by a physical trauma, such as a car accident. Psychological stress may also trigger the condition.

Why does it hurt?

Researchers believe repeated nerve stimulation causes the brains of people with fibromyalgia to change. This change involves an abnormal increase in levels of certain chemicals in the brain that signal pain (neurotransmitters). In addition, the brain's pain receptors seem to develop a sort of memory of the pain and become more sensitive, meaning they can overreact to pain signals.

Risk factors

Risk factors for fibromyalgia include:

- Your sex. Fibromyalgia is diagnosed more often in women than in men. Visited 09/19/2018
- Family history. You may be more likely to develop fibromyalgia if a relative also has the condition.
- Other disorders. If you have osteoarthritis, rheumatoid arthritis or lupus, you may be more likely to develop fibromyalgia.

Complications

The pain and lack of sleep associated with fibromyalgia can interfere with your ability to function at home or on the job. The frustration of dealing with an often-misunderstood condition also can result in depression and health-related anxiety.

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Complex Diagnosis Reshapes a College Student?s Future

When Reilly Steidle came to Mayo Clinic in the summer of 2013 at the age of 20, she brought with her two rolling suitcases full of medical paperwork and a hope that the physicians could make sense of the recurring headaches, chronic fatigue and widespread pain she?d been dealing with for two years. Reilly had [...]



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During the holidays last?year, Nancy and Brent Berry of Danbury, Iowa, went on a train ride with their children and grandchildren, after a?two-hour car ride to get there. They?ve been horseback riding with friends. They?re laughing, running errands together, and hosting their grandchildren for overnight stays. Not long?ago, they couldn't enjoy any of those activities. [...]

By Mayo Clinic Staff

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