

Fibromyalgia

U N D E R S T A N D I N G F I B R O M Y A L G I A

Okay, I'm not done here yet. I have more tips for you. If you're trying to understand fibromyalgia in your partner, it can be incredibly confusing. The strangest thing is that she may have all these terrible symptoms, but the medical test will show negative results. This leads some people (and doctors) to think that fibromyalgia must be a psychological problem.

F I B R O M Y A L G I A P A I N

The cells send too many pain messages from your brain, up to five times as many as in a healthy person. It might sound odd, but that can actually turn simple things like mild pressure or even an itch into pain. When these pain signals reach the brain, they are processed by serotonin, and not having enough serotonin leaves the brain overwhelmed. That's why you have pain in tissues that don't show any signs of damage.

F I B R O M Y A L G I A A N D M O O D

Everyone's hormones fluctuate especially women's ones. That means that things like weight and blood pressure can rise and fall during a day, week, or month. All of the substances in the body work by rising and falling in response to different situations and being exposed to stress will change them. Fibromyalgia involves abnormal levels of multiple hormones and other substances in your body.

R E A C T I O N S T O S T R E S S

Some think chronically ill people are incapable of dealing with stress because any stressful situation will make their symptoms worse. Stress is one of the biggest triggers and sometimes can trigger a really major symptom flare. But what's important for you to understand is that your partner responds to stress both ways – emotionally and physically. A physical response may include a rush of adrenaline and other hormones that help kick your body into overdrive so you can deal with what's happening.

F I B R O M Y A L G I A F A T I G U E

- Insomnia – difficulty getting to sleep or staying asleep.
- Inability to reach a deep faze of sleep.
- Sleep apnea – breathing disturbances.
- Restless Leg Syndrome – twitching, jerking limbs that make it hard to sleep.
- Periodic Limb Movement Disorder – rhythmic and involuntary muscle contractions that prevent deep sleep.