



Figure 2: The dots in this figure indicate the various locations of "tender points." People who have fibromyalgia experience undue tenderness when the doctor applies pressure over many of these locations.

CONDITIONS OFTEN OCCURRING WITH FIBROMYALGIA

Some people with FM may have some of these conditions, some of the time.

PHYSICAL CONDITIONS

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|-------------------------|----------------------------|
| Allergies | Muscle spasms |
| Bruising | Nocturnal myoclonus |
| Clumsiness | Numbness and tingling |
| Dizziness | Photophobia |
| Dropping things | Premenstrual syndrome |
| Dry eyes and mouth | Sensitivity to environment |
| Feeling of swelling | Skin itch, mottling, rash |
| Hair loss | Sleep apnea |
| High or low temperature | Sore throat |
| Irritable bladder | Stiffness |
| Irritable bowel | Swollen glands |
| Lack of endurance | Tender lymph nodes |
| Migraine headaches | Tension headaches |
| Mouth sores | Vision changes & eye pain |

MENTAL AND EMOTIONAL PROBLEMS

- | | |
|--------------|-----------------------|
| Anxiety | Memory blanks |
| Confusion | Panic attacks |
| Mood swings | Word mix-ups |
| Irritability | Trouble concentrating |