

Fibromyalgia

The Ultimate Guide



What is Fibromyalgia?

Fibromyalgia syndrome is a long-term condition that causes diffuse musculoskeletal pain and muscular stiffness and is usually associated with other symptoms. These can include:

- Sleeping troubles
- Fatigue
- Increased sensitivity to pain
- Anxiety and depression
- Problems with memory and concentration
- Migraines
- Irritable bowel syndrome
- Bladder problems

What is the cause of Fibromyalgia?

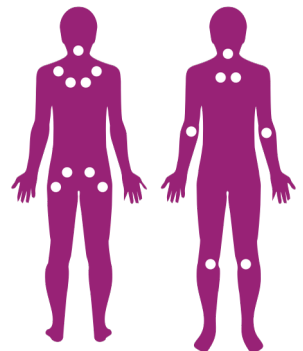
The exact cause of fibromyalgia is unknown, current research suggests that it is likely to be connected to alterations in levels of certain chemicals in the brain. These specific chemicals involved have been shown to affect the way the central nervous system perceives and manages pain around the body. The brain's pain receptors develop a memory of the pain and become sensitised and overreact to painful and non-painful signals, resulting in pain around the body. Anybody can develop fibromyalgia although it is more common in women than men. Symptoms usually develop after a stressful or traumatic event such as: physical trauma, psychological stress, infection, giving birth, surgery.

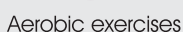
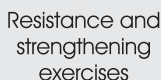
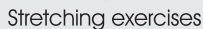
How is Fibromyalgia diagnosed?

Diagnosing fibromyalgia can be complicated as symptoms can vary and can be similar to other medical conditions. There is no one specific test to diagnose fibromyalgia.

In order to diagnose fibromyalgia certain criteria need to be met:

- Pain levels have stayed at the same level for 3 months or more.
- Severe pain is felt in 3 to 6 different areas of the body, or mild pain is felt in 7 + areas of the body.
- Through medical testing no other reason for your symptoms has been found.





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