

100 Symptoms of Fibromyalgia

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Thanks to Darlene Blair for this

comprehensive list! 4 pages worth!

GENERAL Fatigue, made worse by physical exertion or stress Activity level decreased to less than 50% of pre-illness activity level Recurrent flu-like illness Sore throat Hoarseness Tender or swollen lymph nodes (glands), especially in neck and underarms Shortness of breath (air hunger) with little or no exertion Frequent sighing Tremor or trembling Severe nasal allergies (new allergies or worsening of previous allergies) Cough Night sweats Low-grade fevers Feeling cold often Feeling hot often Cold extremities (hands and feet) Low body temperature (below 97.6) Low blood pressure (below 110/70) Heart palpitations Dryness of eyes and/or mouth Increased thirst Symptoms worsened by temperature changes Symptoms worsened by air travel Symptoms worsened by stress**PAIN** Headache Tender points or trigger points Muscle pain Muscle twitching Muscle weakness Paralysis or severe weakness

of an arm or leg

 Joint pain TMJ syndrome Chest pain

GENERAL NEUROLOGICAL

- Lightheadedness; feeling "spaced out"
- Inability to think clearly ("brain fog")
- Seizures
- Seizure-like episodes
- Syncope (fainting) or blackouts
- Sensation that you might faint
- Vertigo or dizziness
- Numbness or tingling sensations
- Tinnitus (ringing in one or both ears)
- Photophobia (sensitivity to light)
- Noise intolerance

EQUILIBRIUM/PERCEPTION

- Feeling spatially disoriented
- Disequilibrium (balance difficulty)
- Staggering gait (clumsy walking; bumping into things)
- Dropping things frequently
- Difficulty judging distances (e.g. when driving; placing objects on surfaces)
- "Not quite seeing" what you are looking at

SLEEP

- Hypersomnia (excessive sleeping)
- Sleep disturbance: unrefreshing or non-restorative sleep
- Sleep disturbance: difficulty falling asleep
- Sleep disturbance: difficulty staying asleep (frequent awakenings)
- Sleep disturbance: vivid or disturbing dreams or nightmares
- Altered sleep/wake schedule (alertness/energy best late at night)

MOOD/EMOTIONS

- Depressed mood
- Suicidal thoughts
- Suicide attempts
- Feeling worthless
- Frequent crying
- Feeling helpless and/or hopeless
- Inability to enjoy previously enjoyed activities
- Increased appetite
- Decreased appetite
- Anxiety or fear when there is no obvious cause
- Panic attacks
- Irritability; overreaction
- Rage attacks: anger outbursts with little or no cause
- Abrupt, unpredictable mood swings
- Phobias (irrational fears)
- Personality changes

EYES AND VISION

- Eye pain
- Changes in visual acuity (frequent changes in ability to see well)
- Difficulty with accommodation (switching focus from one thing to another)
- Blind spots in vision

SENSITIVITIES

- Sensitivities to medications (unable to tolerate "normal" dosage)
- Sensitivities to odors (e.g., cleaning products, exhaust fumes, colognes, hair sprays)
- Sensitivities to foods
- Alcohol intolerance
- Alteration of taste, smell, and/or hearing

SKIN

- Rashes or sores
- Eczema or psoriasis

OTHER

- Hair loss
- Mitral valve prolapse
- Aphthous ulcers (canker sores)
- Cancer
- Dental problems
- Periodontal (gum) disease

UROGENITAL

- Frequent urination
- Painful urination or bladder pain
- Prostate pain
- Impotence
- Endometriosis
- Worsening of premenstrual syndrome (PMS)
- Decreased libido (sex drive)

GASTROINTESTINAL

- Stomach ache; abdominal cramps
- Nausea
- Vomiting
- Esophageal reflux (heartburn)
- Frequent diarrhea
- Frequent constipation
- Bloating; intestinal gas
- Decreased appetite
- Increased appetite
- Food cravings
- Weight gain
- Weight loss

COGNITIVE

- Difficulty with simple calculations (e.g., balancing checkbook)
- Word-finding difficulty
- Using the wrong word
- Difficulty expressing ideas in words
- Difficulty moving your mouth to speak
- Slowed speech
- Stuttering; stammering
- Impaired ability to concentrate
- Easily distracted during a task
- Difficulty paying attention
- Difficulty following a conversation when background noise is present
- Losing your train of thought in the middle of a sentence
- Difficulty putting tasks or things in proper sequence
- Losing track in the middle of a task (remembering what to do next)
- Difficulty with short-term memory
- Difficulty with long-term memory
- Forgetting how to do routine things
- Difficulty understanding what you read
- Switching left and right
- Transposition (reversal) of numbers, words and/or letters when you speak
- Transposition (reversal) of numbers, words and/or letters when you write
- Difficulty remembering names of objects
- Difficulty remembering names of people
- Difficulty recognizing faces
- Difficulty following simple written instructions
- Difficulty following complicated written instructions
- Difficulty following simple oral (spoken) instructions
- Difficulty following complicated oral (spoken) instructions
- Poor judgment
- Difficulty making decisions
- Difficulty integrating information (putting ideas together to form a complete picture or concept)
- Difficulty following directions while driving
- Becoming lost in familiar locations when driving
- Feeling too disoriented to drive