

## WHAT YOU CAN DO

# Fibromyalgia

**Fibromyalgia (fye-bro-my-AL-jah) is when you have pain in many parts of your body that lasts a long time.**



*Try to walk or be active at least 30 minutes each day.*



*Eat more fruits and vegetables.*



*Don't smoke. Don't drink caffeine.*

**There are things you can do to ease your pain and stress. Here's what you can do to help:**

### Exercise

- Stretch when you wake up.
- Try to walk or be active at least 30 minutes each day.

### Sleep Better

- Go to bed early.
- Get at least 8 hours of sleep per night.

### Make Healthy Choices

- Eat more fruits and vegetables.
- Don't drink caffeine.
- Don't smoke.
- Don't drink alcohol.

### Learn how to deal with your stress

- Try to focus on the "good" rather than the "bad"
- Talk to a friend or family member
- Practice relaxing by
  - deep breathing
  - sitting in a hot tub or taking a hot shower
  - applying hot pack or wraps to sore spots

**Ask Your Doctor** if you should be on medicine for fibromyalgia or depression.

**Ask Your Doctor** for tips on how to sleep better.

**Ask Your Doctor** if you are getting enough exercise.

My next appointment with the doctor is \_\_\_\_/\_\_\_\_/\_\_\_\_

### Questions to ask your doctor or pharmacist:

- What medicine do I need to take for my fibromyalgia? \_\_\_\_\_
- How many times a day should I take my fibromyalgia medicine? \_\_\_\_\_
- What are the side effects of the medicine? \_\_\_\_\_
- How long will I need to take my fibromyalgia medicine? \_\_\_\_\_
- Are there any foods or drinks I should not have while taking my medicine? \_\_\_\_\_
- How do I take my medicine? \_\_\_\_\_
- If I forget to take my medicine, what should I do? \_\_\_\_\_
- Can I take my medicine for my fibromyalgia with any other medicines? \_\_\_\_\_