

Fibromyalgia symptoms

I created the following list of fibromyalgia symptoms from personal experience, working with other fibro patients and from Dr St Amand's website.

<http://www.fibromyalgiatreatment.com/the-guaifenesin-protocol.html>

Combined, there are over 200 symptoms. I had all but 5 of them. To date, most have reversed and the others are continuing to reverse, having gone from severe to mild/moderate.

The primary fibromyalgia symptoms, such as all over pain and stiffness, fatigue, non-restorative sleep, depression, anxiety, cognitive dysfunction (memory and concentration) headaches/migraines can be severe enough to mask other fibro symptoms.

<https://www.cdc.gov/arthritis/basics/fibromyalgia.htm>

You will see yourself in some, but not necessarily all of the symptoms listed below. There are endless combinations of symptoms and levels of symptoms that one may have, causing this disease to look different and affect everyone differently, especially at onset.

Central Nervous System:

Fatigue, irritability, nervousness, depression, apathy, listlessness, impaired memory and concentration, anxieties and suicidal thoughts. Insomnia and frequent awakening due to pain result in non restorative sleep, drowsiness, sleepiness, myoclonic jerks while falling asleep, feeling of falling when going to sleep, nightmares, irregular heartbeat, heart palpitations, heart murmur, breathlessness, fainting or feeling like you might faint, cold hands and feet, restless leg syndrome.

Musculoskeletal:

Pain originating from muscles, tendons, ligaments and fascia of the shoulders, neck, entire back, hips, thighs, knees, ankles, feet, inner and outer elbows, wrists, fingers, and chest. Injured or old operative sites are commonly affected. Joint pains with or without swelling, redness and heat, foot and calf cramps, numbness and tingling of the face and extremities, tight chest, paresthesias (a feeling of pins and needles), allodynia (pain from stimuli that shouldn't be painful), muscle weakness, imbalance, falling, dropping things, dystonia (involuntary muscle spasms of head or hand), Cervical dystonia (neck and shoulder muscles

contract involuntarily, causing your head to twist or turn to one side and shoulders to jump), coordination difficulty, decreased motor skills, spontaneous pains in random areas, difficulty raising arms over head, Myoclonus dystonia (jerky movements), tremors, osteoarthritis.

Irritable Bowel Syndrome (IBS):

Nausea, indigestion, gas, bloating, pain, cramps, constipation alternating with diarrhea and sometimes mucous stools, hemorrhoids, loss of appetite.

Genitourinary:

Pungent urine, frequent urination, bladder spasms, burning urination (dysuria) with or without repeated bladder infections, interstitial cystitis (bladder and or pelvic pain), Vulvodynia (vaginal spasms, irritation, painful intercourse (dyspareunia), presents as a yeast infection without discharge, intense PMS and uterine cramping. Symptoms worse premenstrual.

Dermatological:

Rashes with or without itching: Hives, red blotches, itchy bumps or blisters, eczema, seborrheic or neurodermatitis, and rosacea, brittle nails, hair falls out prematurely, hot or cold sensations, electric vibrations, prickling, super-sensitivity to touch, flushing, sweating, temperature sensitivity, difficulty regulating body temperature, toe fungus, yellow nails, pronounced nail ridges, nails that curve under, hangnails, torn cuticles, slowed hair growth or premature hair loss, changes in hair texture, lipomas (benign fatty lumps under the skin).

Head:

Headaches/migraines, dizziness, vertigo (spinning) or imbalance.

Eyes:

Pain, dry eyes, itching/burning with or without sticky or crusty discharge upon awakening, blurred vision, light sensitivity can cause headaches, difficulty judging distances, not finding what you're looking for, sensitivity, dry eyes, vision changes, difficulty focusing, visual overload, eye floaters, eye spasms, eye pain, conjunctivitis, dark circles under the eyes, blepharitis (inflammation of eyelids affecting lashes).

Ears:

Tinnitus-ringing or lower-pitched sounds, ear pain, sensitivity to sounds, excess ear wax, itchy ears, ear grit .

Nose:

Sinus pain, nasal congestion, post-nasal drip; sensitivity to odors strong enough to cause nausea or headaches, nose bleeds, decreased smell, allergies including late-onset hayfever or asthma.

Throat:

Excess saliva, excess mucus, loss of appetite (from GERD), difficulty swallowing, sore throat, swollen sore lymph nodes, wet or dry cough

Mouth:

Burning mouth syndrome; (burning/scalding sensation, dry mouth with increased thirst, bitter or metallic taste, loss of taste, tingling, stinging or numbness), sore teeth (discomfort when biting down), bleeding gums, chapped lips, salivary gland problems (dry mouth, pain, swelling, fever, foul-tasting drainage into the mouth).

Miscellaneous:

Weight gain or loss, craving carbs, multiple chemical sensitivity, lowered immunity (low grade fever, frequent infections/colds, abdominal pain, digestive issues, slow to heal, tired, swelling-morning eyelid swelling, hand swelling, feet swelling, all over swelling), exercise intolerance, symptoms can worsen after activity and stress.