

Fibromyalgia

RFQs

- How is your general health?
- Has your weight changed?
- Apart from the widespread pains do you have any other symptoms?
- Do you have any swollen or stiff joints?
- Is there a family history of any arthritic condition?
- How is your mood? Is stress an issue? Tell me about that please.
- What about your sleep?
- What activities do you do? Does your skin get any sunlight?

Provide

These sort of widespread pains are typical of a problem related to poor sleep quality, de-conditioning with lack of exercise, lack of vitamin D from sunshine, and muscular tension that pulls on all these tender muscle tether points. This tends to turn into fibromyalgia unless we change all of these habits. Tests are unlikely to be helpful, but you may wish to take vitamin D supplements (high dose initially and then a standard dose, particularly over the winter in England and year round in Scotland).

What can we do to help you with your sleep pattern? What about your activity levels? There is good evidence that Tai chi can help you with your pain, and Tai chi can also get your muscles back into regular use.

(Age concern provide regular classes. What about doing it with your friends from a DVD or by watching it on Youtube?)

Would you like to read more about fibromyalgia? (Signpost to patient.info) Perhaps you might be interested in listening to the options discussion about what works for fibromyalgia on realgeneralpractice.co.uk?

Safety net:

Please let me know if you are losing weight without effort, or if you are getting any swollen joints, or becoming unwell.

After you have listened to our options discussion, perhaps you would be happy to make a phone appointment, to talk to me about the next steps that we can take together, to help you with this problem.