

Could *You* Have Fibromyalgia or Chronic Fatigue Syndrome?

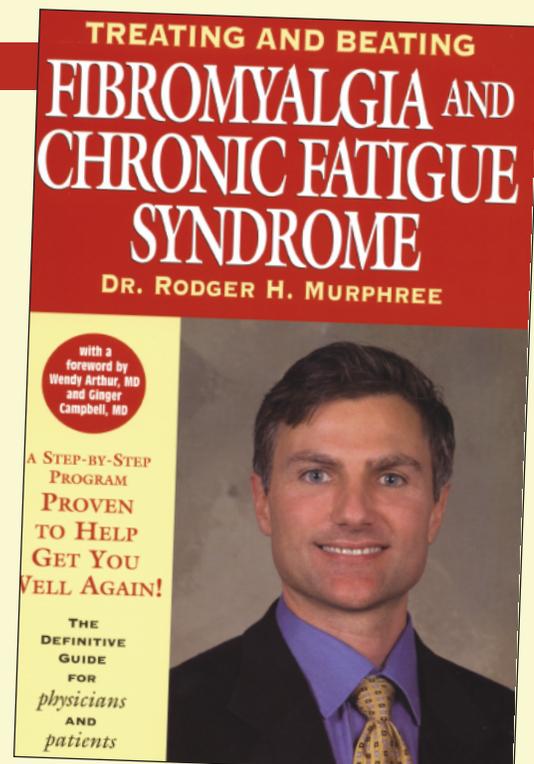
These lists of symptoms—excerpted from Dr. Rodger Murphree's *Treating and Beating Fibromyalgia and Chronic Fatigue Syndrome* (Harrison and Hampton Publishing, 2003, ISBN: 0-9728938-0-6, \$19.95)—may give you a clue.

Symptoms of Fibromyalgia

- **Sleep disturbances:** Sufferers might not feel refreshed, despite getting adequate amounts of sleep. They might also have difficulty falling or staying asleep.
- **Stiffness:** Body stiffness is present in most patients. Weather changes and remaining in one position for a long period of time contribute to the problem. Stiffness might also be present upon awakening.
- **Headaches and facial pain:** Headaches may be caused by associated tenderness in the neck and shoulder area or in the soft tissue around the temporomandibular joint (TMJ).
- **Abdominal discomfort:** Irritable bowel syndrome, with such symptoms as digestive disturbances, abdominal pain and bloating, constipation, and diarrhea, might be present.
- **Irritable bladder:** Patients might have an increase in urinary frequency and a greater urgency to urinate may be present.
- **Numbness (parathesia):** Symptoms include a prickling, tingling, or burning sensation in the extremities.
- **Chest pain:** Muscular pain at the point where the ribs meet the chest bone might occur.
- **Cognitive disorders:** The symptoms of cognitive disorders may vary from day to day. They can include "spaciness," memory lapses, difficulty concentrating, word mix-ups when speaking or writing, and clumsiness.
- **Chemical (environmental) sensitivity:** Sensitivities to light, noise, odor, and weather are often present, as are allergic reactions to a variety of substances.
- **Disequilibrium:** Difficulties in orientation may occur when standing, driving, or reading. Dizziness and balance problems might also be present.

Symptoms of Chronic Fatigue Syndrome

1. Mild fever
2. Recurrent sore throat
3. Painful lymph nodes
4. Muscle weakness
5. Muscle pain
6. Migratory joint pain
7. Prolonged fatigue after exercise
8. Recurrent headaches
9. Neurological or psychological complaints, such as:
 - depression
 - excessive irritability
 - forgetfulness
 - sensitivity to bright light
 - confusion
 - inability to concentrate
10. Sleep disturbances
11. Sudden onset of symptom complex



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