



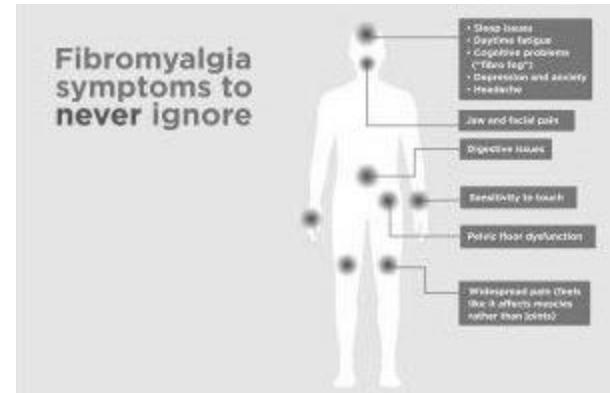
200+ CO-EXISTING CONDITIONS & SYMPTOMS OF FIBROMYALGIA and ME/CFS

Did you know that...

... there are over 200+ co-existing conditions and symptoms of fibromyalgia and ME/CFS?

Originally posted on Fibromyalgia Resources, it shows how complex fibromyalgia and ME/CFS really are, with so many different symptoms and co-existing conditions, everyone's experience of these conditions are unique.

The 200+ Co-Existing Conditions and Symptoms of Fibromyalgia and ME/CFS



- Activity level decreased to less than 50% of pre-illness activity level
- Cough
- Delayed reaction to physical activity or stressful events
- Edema
- Fatigue, made worse by physical exertion or stress
- Feeling hot often
- Heart palpitations
- Hypoglycemia (blood sugar falls or low)
- Low blood pressure (below 110/70)
- Low-grade fevers
- Noisy joints – with or without pain
- Profuse sweating
- Shortness of breath with little or no exertion
- Sore throat
- Sweats
- Symptoms worsened by stress
- Tender or swollen lymph nodes, especially in neck and underarms
- Unexplained weight gain or loss
- Cold hands and feet (extremities)
- Craving carbohydrates
- Dryness of eyes and/or mouth
- Family member(s) with Fibromyalgia
- Feeling cold often
- Frequent sighing
- Hoarseness
- Increased thirst
- Low body temperature (below 97.6)
- Night sweats
- Poor circulation in hands/feet
- Recurrent flu-like illness
- Severe nasal allergies (new or worsening allergies)
- Subjective swelling of extremities
- Symptoms worsened by air travel
- Symptoms worsened by temperature changes
- Tremor or trembling



Fibromyalgia North Bay (FMNB)

<https://fibromyalgianorthbay.ca>

<https://facebook.com/groups/FibromyalgiaNorthBay>

200+ CO-EXISTING CONDITIONS & SYMPTOMS OF FIBROMYALGIA and ME/CFS

PAIN

- Abdominal wall pain
- Bad hip pain
- Burning Nerve Pain
- Chest pain
- Collarbone pain
- Diffuse swelling
- Elbow pain
- Exacerbated Plantar arch or heel pain
- “Growing” pains that don’t go away once you are done growing
- Headache – tension or migraine
- Inflamed Rib Cartilage
- Joint pain
- Lumpy, tender breasts
- Morning stiffness
- Muscle pain
- Muscle spasms
- Muscle twitching
- Muscle weakness
- Pain that ranges from moderate to severe
- Pain that moves around the body
- Paralysis or severe weakness of an arm or leg
- Restless Leg Syndrome
- Rib Pain (Costochondritis)
- Scalp Pain (like hair being pulled out)
- Sciatica-like pain
- Tender points or trigger points
- TMJ syndrome
- “Voodoo Doll” Poking Sensation in random places

NEUROLOGICAL

- Blackouts
- Brain fog
- Carpal Tunnel
- Feeling spaced out
- Hallucinating smells
- Inability to think clearly
- Light-headedness
- Noise intolerance
- Numbness or tingling sensations
- Photophobia (sensitivity to light)
- Seizures
- Seizure-like episodes
- Sensation that you might faint
- Syncope (fainting)
- Tinnitus (ringing in one or both ears)
- Vertigo or dizziness

EQUILIBRIUM/PERCEPTION

- Bumping into things
- Clumsy Walking
- Difficulty balancing
- Difficulty judging distances (when driving, etc.)
- Directional disorientation
- Dropping things frequently
- Feeling spatially disoriented
- Frequent tripping or stumbling
- Not seeing what you’re looking at
- Poor balance and coordination



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Staggering gait

SLEEP

<input type="checkbox"/> Alertness/energy best late at night	<input type="checkbox"/> Altered sleep/wake schedule
<input type="checkbox"/> Awakening frequently	<input type="checkbox"/> Difficulty falling asleep
<input type="checkbox"/> Difficulty staying asleep	<input type="checkbox"/> Excessive sleeping
<input type="checkbox"/> Extreme alertness or energy levels late at night	<input type="checkbox"/> Falling asleep at random and sometimes dangerous moments
<input type="checkbox"/> Fatigue	<input type="checkbox"/> Light or broken sleep pattern
<input type="checkbox"/> Muscle spasms/twitches at night	<input type="checkbox"/> Narcolepsy
<input type="checkbox"/> Sleep disturbances	<input type="checkbox"/> Sleep starts or falling sensations
<input type="checkbox"/> Teeth grinding	<input type="checkbox"/> Tossing and turning
<input type="checkbox"/> Un-refreshing or non-restorative sleep	<input type="checkbox"/> Vivid or disturbing dreams/nightmares

EYES/VISION

<input type="checkbox"/> Blind spots in vision	<input type="checkbox"/> Eye pain
<input type="checkbox"/> Difficulty switching focus from one thing to another	<input type="checkbox"/> Frequent changes in ability to see well
<input type="checkbox"/> Night driving difficulty	<input type="checkbox"/> Occasional Blurry vision
<input type="checkbox"/> Poor night vision	<input type="checkbox"/> Rapidly worsening vision
<input type="checkbox"/> Vision changes	

COGNITIVE

<input type="checkbox"/> Becoming lost in familiar locations when driving	<input type="checkbox"/> Confusion
<input type="checkbox"/> Difficulty expressing ideas in words	<input type="checkbox"/> Difficulty following conversation (especially if background noise present)
<input type="checkbox"/> Difficulty following directions while driving	<input type="checkbox"/> Difficulty following oral instructions
<input type="checkbox"/> Difficulty following written instructions	<input type="checkbox"/> Difficulty making decisions
<input type="checkbox"/> Difficulty moving your mouth to speak	<input type="checkbox"/> Difficulty paying attention
<input type="checkbox"/> Difficulty putting ideas together to form a complete picture	<input type="checkbox"/> Difficulty putting tasks or things in proper sequence
<input type="checkbox"/> Difficulty recognizing faces	<input type="checkbox"/> Difficulty speaking known words
<input type="checkbox"/> Difficulty remembering names of objects	<input type="checkbox"/> Difficulty remembering names of people
<input type="checkbox"/> Difficulty understanding what you read	<input type="checkbox"/> Difficulty with long-term memory
<input type="checkbox"/> Difficulty with simple calculations	<input type="checkbox"/> Difficulty with short-term memory



200+ CO-EXISTING CONDITIONS & SYMPTOMS OF FIBROMYALGIA and ME/CFS

- Easily distracted during a task
- Feeling too disoriented to drive
- Impaired ability to concentrate
- Losing track in the middle of a task (remembering what to do next)
- Loss of ability to distinguish some colors
- Short term memory impairment
- Staring into space trying to think
- Switching left and right
- Transposition (reversal) of numbers, words and/or letters when you *write*
- Using the wrong word
- Dyslexia-type symptoms occasionally
- Forgetting how to do routine things
- Inability to recognize familiar surroundings
- Losing your train of thought in the middle of a sentence
- Poor judgment
- Slowed speech
- Stuttering; stammering
- Transposition (reversal) of numbers, words and/or letters when you *speak*
- Trouble concentrating
- Word-finding difficulty

EMOTIONAL

- Abrupt and/or unpredictable mood swings
- Anxiety or fear when there is no obvious cause
- Decreased appetite
- Feeling helpless and/or hopeless
- Fear of telephone ringing
- Frequent crying
- Inability to enjoy previously enjoyed activities
- Irritability
- Panic attacks
- Phobias
- Suicidal thoughts
- Anger outbursts
- Attacks of uncontrollable rage
- Depressed mood
- Fear of someone knocking on the door
- Feeling worthless
- Heightened awareness – of symptoms
- Irrational fears
- Overreaction
- Personality changes –usually a worsening of previous condition
- Suicide attempts
- Tendency to cry easily

GASTROINTESTINAL

- Abdominal cramps
- Decreased appetite
- Frequent constipation
- GERD symptoms
- Increased appetite
- Bloating
- Food cravings
- Frequent diarrhea
- Heartburn
- Intestinal gas



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- Irritable bladder
- Nausea
- Stomach ache
- Weight gain

- Irritable bowel syndrome
- Regurgitation
- Vomiting
- Weight loss

UROGENITAL

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

SENSITIVITIES

- Alcohol intolerance
- Alteration of taste, smell, and/or hearing
- Sensitivities to foods
- Sensitivity to mold
- Sensitivity to odors
- Sensory overload
- Sensitivity to extreme temperature changes – feeling hot
- Allodynia (hypersensitive to touch)
- Sensitivity to chemicals in cleaning products, perfumes, etc.
- Sensitivity to light
- Sensitivity to noise
- Sensitivity to yeast (getting yeast infections frequently on skin, etc.)
- Sensitivity to pressure & humidity changes
- Vulvodynia

SKIN

- Able to “write” on skin with finger
- Bumps and lumps
- Hot/dry skin
- Itchy/Irritable skin
- Rashes or sores
- Sensitivity to the sun
- Bruising easily
- Eczema or psoriasis
- Ingrown hairs
- Mottled skin
- Scarring easily
- Skin suddenly turns bright red



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CARDIOVASCULAR (HEART)

- "Click-murmur" sounds through stethoscope
- Fluttery heartbeat
- Heart palpitations
- Irregular heartbeat
- Loud pulse in ear
- Pain that mimics heart attack
- Rapid heartbeat

HAIR/NAILS

- Dull, listless hair
- Heavy and splitting cuticles
- Irritated nail beds
- Nails that curve under
- Pronounced nail ridges
- Temporary hair loss

OTHER

- Canker sores
- Dental problems
- Disk Degeneration
- Hemorrhoids
- Nose bleeds
- Periodontal (gum) disease

Please share this article about 200+ co-existing conditions and symptoms of fibromyalgia and CFS/ME with others who have these conditions. (And indeed, share with those who don't have these conditions— nothing like educating the masses!).

The more we educate ourselves through research and information, the more opportunity we have to make ourselves better.

Source: fibromapp.com/200-co-existing-conditions-symptoms-of-fibromyalgia - December 9, 2019
