Fibromyalgia Action UK

Fighting for Freedom from Fibromyalgia

Health & care information you can trust
The Information Standard Certified Member

Fibromyalgia Action UK is pledged to raise awareness amongst the general public and medical professionals so that everyone with Fibromyalgia can get the help they need.

Common symptoms are:

- Muscle pain and stiffness
- Fatigue
- Specific 'tender points'
- Disturbed sleep
- Poor concentration
- Irritable Bowel Syndrome

For more information - including an information pack - please contact:

Fibromyalgia Action UK
Suite 3006, Mile End, 12 Seedhill Road, Paisley PA1 1JS
tel: **0300 999 3333** (national helpline)
web: www.fmauk.org email: charity@fmauk.org

Your local group is:

We would love your feedback: www.fmauk.org/feedback

Help make Fibromyalgia visible

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