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

FMA15-H003

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Most of us have had flu and suffered aches and pains all over our bodies, and just wanted to sleep until it all goes away.

Imagine feeling like that and professionals not believing you. Wanting to work, look after the family or even just look after yourself and not being able to.

You would want to know why. You would want to know what to do to make things better.

Many people with Fibromyalgia struggle with this for years. It often takes an article in the media to alert them to Fibromyalgia as a possible cause for their many symptoms.

Many health professionals do not have the expertise to diagnose or treat people with Fibromyalgia, but it is estimated that 2% (1 in every 50) of the population are likely to develop this condition, mainly women, but far fewer are likely to be properly diagnosed.

Suite 3006, Mile End Mill, 12 Seedhill Road, Paisley PA1 1JS
tel: **0300 999 3333** (national helpline) **0300 999 0055** (benefits helpline)
web: **www.fmauk.org** email: **charity@fmauk.org**
Registered Charity No. **1042582** Company Registration number: **SC492045**