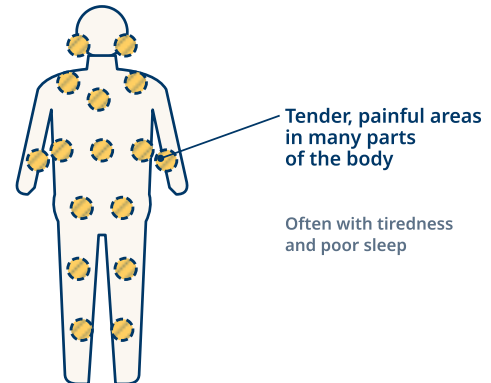


# Fibromyalgia

## What it is

Fibromyalgia causes pain in many parts of the body. It often comes with tiredness, poor sleep and trouble thinking clearly. Experts think the nervous system becomes more sensitive to pain signals.



## Common symptoms

- Widespread muscle pain and tenderness
- Fatigue
- Poor or unrefreshing sleep
- Difficulty concentrating
- Headaches

## Self-care tips

- Gentle activity, like walking or water exercise, may help. Start small and build slowly.
- Keep a steady sleep routine, even on weekends.
- Pace yourself. Break big tasks into smaller parts with rests.
- Slow breathing or mindfulness may help with stress and pain.

## What to expect at GSMC

**At your visit:** We ask about your symptoms and examine you.

**Tests:** You may need X-rays, an MRI or other tests. Not everyone needs them.

**Your plan:** We talk about your options, starting with the simplest steps. We decide together.

## When to call us

- Pain, tiredness or sleep problems that get worse
- Low mood, or feeling you cannot cope
- New symptoms, like joint swelling, fever or weight loss

**If you have thoughts of harming yourself, call or text 988, or call 911.**

## Call 732-202-3000

One number for all offices. Questions about this handout? We are glad to help.

**Our 7 offices:** Whiting · Toms River (Hooper Ave) · Brick · Barnegat · Manahawkin · Freehold · West Long Branch

[gsmedicalcenter.org/conditions/fibromyalgia/](https://gsmedicalcenter.org/conditions/fibromyalgia/)



Scan for the full web page

*This handout is general information and is not a substitute for medical advice.*