



Living a Full Life with Fibro
Is it Fibro? Tip Sheet for Better Physician Dialogue

Is it fibromyalgia?

Fibromyalgia is a common and complex disorder that is best managed through an individualized treatment plan. Consider the following tips to help you and your physician discuss your symptoms and create a flexible treatment plan that meets your needs.

Understand your symptoms:

- Identify if you are experiencing any of the following symptoms:
 - Widespread pain
 - Fatigue
 - Not waking refreshed
 - Cognitive symptoms, such as difficulty concentrating or thinking

- Record your symptoms: Use the [*60 Day Action Plan*](#) to help keep track.
 - Describe what you're feeling.
 - Rate the severity of your symptoms.
 - Note how frequently your symptoms occur.
 - Record what you're doing when the symptoms begin.

Analyze your lifestyle:

- Keep track of the medications/therapies you regularly use.

- Document your current exercise routine.

- Note how your symptoms impact your daily life.

- Talk to other people about your symptoms and concerns, including family members who can discuss your family health history.

- Conduct research to learn more about fibromyalgia and the different treatment options available.