A survey of 1,228 adult fibromyalgia patients, Functioning with Fibro, developed and funded by Pfizer Inc., and conducted in collaboration with the National Fibromyalgia & Chronic Pain Association (NFMCPA) and the American Association of Nurse Practitioners (AANP), found that the majority of people living with fibromyalgia continue to experience pain after diagnosis, which can have a significant impact on various aspects of daily life.

For more information and other resources visit: Facebook.com/FibroCenter | FibroCenter.com | FMCPAWARE.org | AANP.org

*These online resources are provided by Pfizer Inc.

Hear what leaders within the FM community have to say:

“There is no one answer for managing fibromyalgia, but sometimes just a small shift in lifestyle can make a big difference in how you feel.”
-Angela Golden, president of the AANP and fibromyalgia patient provider

“When you are living with fibromyalgia, sometimes just the idea of exercise can hurt, but incorporating physical activity into your lifestyle can help with managing your FM.”
-Jan Chambers, president of the NFMCPA and fibromyalgia patient

The survey found that fibromyalgia pain was the #1 symptom and was most frequently described as “radiating pain all over,” “constant flu-like ache” and “getting run over by a truck.”

- Take a few minutes before your next appointment to consider how to describe your symptoms.

Fibromyalgia is a chronic condition. It’s important to manage your expectations, and your HCP can help you do that.
- Have a candid conversation about how you manage your fibromyalgia, and be honest about what is and is not working.

Create goals of how to better manage your fibromyalgia.
- Write them down and bring them with you to your next visit to talk through with your HCP.
- Track progress toward achieving your goals.

Nearly 2/3 of fibromyalgia patients noted that some form of light physical activity helped improve their day-to-day life.
- Having a good day? Try some low-impact exercises, and go easy if you’re facing a flare-up.
- Talk to your HCP before starting any exercise program.

The Functioning with Fibro survey was conducted between August 9 and August 23, 2013, and included 1,228 adults in the U.S. (18 years and older) who have been diagnosed with fibromyalgia, using an email invitation and an online survey.

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