

Patient information from BMJ

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Fibromyalgia: living with fibromyalgia

There's no miracle cure that will make fibromyalgia go away. But you can learn to manage your condition, so that it doesn't take over your life.

We have provided some advice from doctors on how to manage fibromyalgia below.

- Learn as much as you can about fibromyalgia. It's a long-term condition, so you are likely to have to live with it for some time. Finding out about how best to manage it can help you get on with life. Ask your doctor if there's a local fibromyalgia education group you can join.
- Take some exercise most days, even if it's not very much. You can start with a small amount and gradually build up. Keeping active can help you feel better overall. And keeping to a regular routine may help you feel that you've achieved something every day.
- Establish a regular sleep routine. Good-quality sleep is very important, but many people with fibromyalgia have trouble sleeping. Discuss with your doctor how to improve your sleep.
- Have a support network of friends or family. It's easy to get isolated when you're not well. But keeping in touch with people can help improve your mood. Some people find fibromyalgia support groups helpful.
- There have been studies into fibromyalgia treatments, but researchers haven't yet found a treatment that works to relieve pain for everyone. Work with your doctor to try different treatments and find out what helps you. Chances are your symptoms will get better over time.

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