



FIBROMYALGIA

Fibromyalgia Association UK is pledged to raise awareness among the general public and 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 please send a 40p sae to:

Fibromyalgia Association UK,

PO Box 206, Stourbridge,
West Midlands, DY9 8YL

Visit our website: www.fmauk.org