

# Resources for management of Fibromyalgia

Fibromyalgia is a condition that can cause widespread pain and tenderness over much of the body. It is a long-term (persistent/chronic) condition, which has periods of improvement and periods of flare. The condition can improve significantly with the right approach to managing it. Many patients live very successfully with this long-term condition, but rarely have a complete cure. Fibromyalgia does not cause any lasting damage to the body's tissues.

Non-drug treatment is the main approach to dealing with fibromyalgia. Research into this condition is ongoing and medication that is more effective may become available in the future. Unfortunately, at the present time, medication only has a limited part to play in treating fibromyalgia.

## Resources to support managing fibromyalgia

1. **Education Programmes for Patients (EPP) Cymru** provides a range of self-management health and wellbeing courses for people living with a long-term health condition. The courses focus on making you an expert in living your life to the full with your condition. EPP Cymru courses are run in suitable venues in local communities.

For information/book onto a course visit - [www.eppwales.org](http://www.eppwales.org)

2. **Self-help for mental health** and well-being is available by accessing the following website - [www.melo.cymru](http://www.melo.cymru)

3. **Exercise and the National Exercise Referral Scheme (NERS)**

Alterations in lifestyle and the introduction of regular exercise have been shown to help alleviate the symptoms of fibromyalgia – physical and psychological. Aerobic exercise (that would get you mildly out of breath) has particularly been shown to benefit.

It is important to find exercise/movement that is achievable and so you need to choose something you enjoy to maintain motivation. Whatever is chosen, it is important to pace your activity. Exercise that increases your fatigue and/or symptoms is doomed to fail. It is natural to feel some muscle soreness post exercise – this is not causing any harm.

Some options for exercise activities are

[www.movebettergwent.nhs.wales/about/community-therapy-services/NERS](http://www.movebettergwent.nhs.wales/about/community-therapy-services/NERS)

[www.swimming.org/poolfinder](http://www.swimming.org/poolfinder)

[www.threepeakstrial.co.uk/other-walking-clubs/walking-clubs.htm](http://www.threepeakstrial.co.uk/other-walking-clubs/walking-clubs.htm)

Your local leisure centres/community halls etc may also have activities that you may find helpful.

#### 4. **Support groups**

Many people find support groups helpful. It is important to find a group that suits your needs. Below are some such groups (it is important to bear in mind that groups such as this start and stop over time).

- Fibro Warriors Cymru – [fibrowarriorscymru@gmail.com](mailto:fibrowarriorscymru@gmail.com)
- Fibromyalgia Support Group Cwmbran (FSGC) – [www.facebook.com/groups/theFSGC](http://www.facebook.com/groups/theFSGC)

#### 5. **Other helpful resources**

- [www.paintoolkit.org](http://www.paintoolkit.org) - Simple toolkit that provides handy tips and skills to support you learning to manage your pain
- [www.painconcern.org.uk](http://www.painconcern.org.uk) - Many resources, helpline and radio broadcasts available here
- [www.livewellwithpain.co.uk](http://www.livewellwithpain.co.uk) - Leading site for persistent pain
- [www.flippinpain.co.uk](http://www.flippinpain.co.uk) - Campaign to change the way we think about chronic pain
- [www.versusarthritis.org](http://www.versusarthritis.org) - Information on how to manage pain



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Mae'r ddogfen hon ar gael yn Gymraeg**