

100 Symptoms of Fibromyalgia

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Thanks to Darlene Blair for this
comprehensive list!

GENERAL

- Fatigue, made worse by physical exertion or stress
- Activity level decreased to less than 50% of pre-illness activity level
- Recurrent flu-like illness
- Sore throat
- Hoarseness
- Tender or swollen lymph nodes (glands), especially in neck and underarms
- Shortness of breath (air hunger) with little or no exertion
- Frequent sighing
- Tremor or trembling
- Severe nasal allergies (new allergies or worsening of previous allergies)
- Cough
- Night sweats
- Low-grade fevers
- Feeling cold often
- Feeling hot often
- Cold extremities (hands and feet)
- Low body temperature (below 97.6)
- Low blood pressure (below 110/70)
- Heart palpitations
- Dryness of eyes and/or mouth
- Increased thirst
- Symptoms worsened by temperature changes
- Symptoms worsened by air travel
- Symptoms worsened by stress

PAIN

- Headache
- Tender points or trigger points
- Muscle pain
- Muscle twitching
- Muscle weakness
- Paralysis or severe weakness of an arm or leg
- Joint pain
- TMJ syndrome
- Chest pain

GENERAL NEUROLOGICAL

- Lightheadedness; feeling "spaced out"
- Inability to think clearly ("brain fog")
- Seizures
- Seizure-like episodes
- Syncope (fainting) or blackouts
- Sensation that you might faint
- Vertigo or dizziness
- Numbness or tingling sensations
- Tinnitus (ringing in one or both ears)
- Photophobia (sensitivity to light)
- Noise intolerance

EQUILIBRIUM/PERCEPTION

- Feeling spatially disoriented
- Disequilibrium (balance difficulty)
- Staggering gait (clumsy walking; bumping into things)
- Dropping things frequently
- Difficulty judging distances (e.g. when driving; placing objects on surfaces)
- "Not quite seeing" what you are looking at

SLEEP

- Hypersomnia (excessive sleeping)
- Sleep disturbance: unrefreshing or non-restorative sleep

Sleep disturbance: difficulty falling asleep

Sleep disturbance: difficulty staying asleep (frequent awakenings)

Sleep disturbance: vivid or disturbing dreams or nightmares

Altered sleep/wake schedule (alertness/energy best late at night)

MOOD/EMOTIONS

- Depressed mood
- Suicidal thoughts
- Suicide attempts
- Feeling worthless
- Frequent crying
- Feeling helpless and/or hopeless
- Inability to enjoy previously enjoyed activities
- Increased appetite
- Decreased appetite
- Anxiety or fear when there is no obvious cause
- Panic attacks
- Irritability; overreaction
- Rage attacks: anger outbursts with little or no cause
- Abrupt, unpredictable mood swings
- Phobias (irrational fears)
- Personality changes

EYES AND VISION

- Eye pain
- Changes in visual acuity (frequent changes in ability to see well)
- Difficulty with accommodation (switching focus from one thing to another)
- Blind spots in vision

SENSITIVITIES

- Sensitivities to medications (unable to tolerate "normal" dosage)
- Sensitivities to odors (e.g., cleaning products, exhaust fumes, colognes, hair sprays)
- Sensitivities to foods
- Alcohol intolerance
- Alteration of taste, smell, and/or hearing

UROGENITAL

- Frequent urination
- Painful urination or bladder pain
- Prostate pain
- Impotence
- Endometriosis
- Worsening of premenstrual syndrome (PMS)
- Decreased libido (sex drive)

GASTROINTESTINAL

- Stomach ache; abdominal cramps
- Nausea
- Vomiting
- Esophageal reflux (heartburn)
- Frequent diarrhea
- Frequent constipation
- Bloating; intestinal gas
- Decreased appetite
- Increased appetite
- Food cravings
- Weight gain
- Weight loss

SKIN

- Rashes or sores
- Eczema or psoriasis

OTHER

- Hair loss
- Mitral valve prolapse
- Cancer
- Dental problems
- Periodontal (gum) disease
- Aphthous ulcers (canker sores)

COGNITIVE

- Difficulty with simple calculations (e.g., balancing checkbook)
- Word-finding difficulty
- Using the wrong word
- Difficulty expressing ideas in words
- Difficulty moving your mouth to speak
- Slowed speech
- Stuttering; stammering
- Impaired ability to concentrate
- Easily distracted during a task
- Difficulty paying attention
- Difficulty following a conversation when background noise is present
- Losing your train of thought in the middle of a sentence
- Difficulty putting tasks or things in proper sequence
- Losing track in the middle of a task (remembering what to do next)
- Difficulty with short-term memory
- Difficulty with long-term memory
- Forgetting how to do routine things
- Difficulty understanding what you read
- Switching left and right
- Transposition (reversal) of numbers, words and/or letters when you speak
- Transposition (reversal) of numbers, words and/or letters when you write
- Difficulty remembering names of objects
- Difficulty remembering names of people
- Difficulty recognizing faces
- Difficulty following simple written instructions
- Difficulty following complicated written instructions
- Difficulty following simple oral (spoken) instructions
- Difficulty following complicated oral (spoken) instructions
- Poor judgment
- Difficulty making decisions
- Difficulty integrating information (putting ideas together to form a complete picture or concept)
- Difficulty following directions while driving
- Becoming lost in familiar locations when driving
- Feeling too disoriented to drive