100 Symptoms of Fibromyalgia
November 6, 2011 posted on Facebook.

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

**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