**Fibromyalgia**

Fibromyalgia is defined as a chronic illness that affects the muscles and nervous system of an individual, resulting in widespread pain and discomfort.

Most common signs of fibromyalgia include muscle aches, fatigue, and loss of energy. The muscle flare ups are described as a sharp knife cutting them from the inside out. More invisible symptoms include brain fog, sensitivity to temperature, memory loss, mood issues, and most common, disturbed sleep.

Although the symptoms differ person-to-person and the flare ups vary in severity. There are several triggers that alert this; mainly stress and lack of sleep.

All these symptoms are unfortunately disregarded as a disability in our society due to the invisibility of its condition.

As a result, individuals with fibromyalgia may find it difficult to endure day-to-day activities as they used to before. In most cases, you may find individuals with fibromyalgia flake on plans with family and friends, stay in bed most days due to painful flare ups and mood swings which isolate them from others.

However, it’s never their intention to remove themselves from the society. The lack of understanding of their condition by others make them feel more isolated, alone and misunderstood.

Therefore, for this conversational blog, it is important for us, as a part of the society, to understand fibromyalgia and do our best to help others who are suffering in silence.

Head over to the following links to learn more about this condition and how to help:

<https://www.healthline.com/health/fibromyalgia>

<https://www.webmd.com/fibromyalgia/guide/fibromyalgia-causes>

References:

<https://www.mayoclinic.org/diseases-conditions/fibromyalgia/symptoms-causes/syc-20354780>

<https://www.arthritis.org.nz/forms-of-arthritis/fibromyalgia/>

<https://www.healthline.com/health/fibromyalgia>

<https://www.webmd.com/fibromyalgia/guide/fibromyalgia-causes>