

SELF TEST: DO YOU HAVE FIBROMYALGIA

Name _____

Date _____

Fibromyalgia, (FMS), is such an elusive medical problem that it is difficult to design a questionnaire that would be specific for this pain syndrome. I have provided these questions as a guide for you to evaluate what you are experiencing. If you answer "YES" to more than 3 questions, I suggest you review the chapter in my book, Screaming to Be Heard: Hormone Connections Women Suspect and Doctors Still Ignore (©2001 Revised Edition) and arrange a consult with us, or with your physician or a pain management specialist in your area. The more you know about FMS pain syndrome, the better you will be able to work with health professionals to combine effective options to reduce pain and feel better.

- 15 numbered questions with YES/NO checkboxes regarding symptoms like trouble sleeping, constant pain, multiple body areas, medication effectiveness, activity limitations, sexual activity, weather sensitivity, work ability, mood, numbness, stiffness, tender places, fatigue, and concentration.