

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.

- YES NO 1. I have trouble sleeping on a regular basis due to pain.
- YES NO 2. I notice the pain on a constant, almost daily basis.
- YES NO 3. I experience pain in multiple areas of my body: neck, shoulders, back, hips, joints, head, etc.
- YES NO 4. Aspirin, Tylenol, or over-the-counter anti-inflammatory (pain) medications do not usually relieve my pain.
- YES NO 5. I have reduced or eliminated activities that I used to enjoy due to limitations caused by my pain.
- YES NO 6. I no longer enjoy sexual activity due to constant pain.
- YES NO 7. I experience a worsening of my pain in cold, damp weather.
- YES NO 8. I have experienced a decrease in my ability to work at home or in my outside-the-home job due to pain.
- YES NO 9. I have been depressed or irritable and tense to a degree that is unlike my usual self because of the pain.
- YES NO 10. I experience numbness, burning or cold sensations in my muscles and/or my arms and legs.
- YES NO 11. I have generalized stiffness and soreness, often worse in the mornings.
- YES NO 12. I have a lot of tender places where muscles come together around my joints, shoulders, back, and neck.
- YES NO 13. I feel so tired I can hardly get through a normal day of activity.
- YES NO 14. My memory and concentration are getting worse due to the pain.
- YES NO 15. My pain is so difficult for me to live with, I have had thoughts of taking my life. (If this answer is YES, you should seek professional psychiatric evaluation promptly.)