

Fibromyalgia Symptom Checklist

<i>Symptoms</i>	<i>Notes</i>
<input type="checkbox"/> Chronic widespread muscular pain present for at least 3 months. This includes pain on the right and left side of the body, above and below the waist.	
<input type="checkbox"/> Fatigue	
<input type="checkbox"/> Sleep disturbances	
<input type="checkbox"/> Stiffness	
<input type="checkbox"/> Cognitive and memory problems	
<input type="checkbox"/> Depression	
<input type="checkbox"/> Anxiety	
<input type="checkbox"/> Migraine or tension headaches	
<input type="checkbox"/> Temporomandibular disorder	
<input type="checkbox"/> Sensitivities to loud noises and bright lights	
<input type="checkbox"/> Irritable bowel syndrome	
<input type="checkbox"/> Gastroesophageal reflux disorder	
<input type="checkbox"/> Irritable bladder	
<input type="checkbox"/> Pelvic pain syndromes	
<input type="checkbox"/> Numbness, tingling	
<input type="checkbox"/> Dizziness	
<input type="checkbox"/> Leg cramps	
<input type="checkbox"/> Joint pains	
<input type="checkbox"/> Painful menstrual cramps	

The above symptoms are some of the more common symptoms among fibromyalgia patients. You may or may not have symptoms other than what is listed. You should **always consult with your health practitioner about your symptoms to rule out other serious disease processes. Your doctor is the only one who can diagnose fibromyalgia.