A Practical Guide

LIVING DAY TO DAY WITH

Fibromyalgia

PUBLISHED BY THE KERRY FIBROMYALGIA SUPPORT GROUP

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This practical guide is for information purposes only and should not be used as a substitute for advice from your professional health carer.

Foreword by Josephine Fearns

FOUNDER AND CHAIRPERSON OF KERRY FIBROMYALGIA SUPPORT

'It is not the strongest of the species that survives, nor the most intelligent, but the one most responsive to change.'

Charles Darwin

The purpose of this publication is to offer assistance both to those living with Fibromyalgia, their families and the wider community and hopefully provide pointers for the pro-active management of the symptoms. The booklet also hopes to offer help, encouragement and hope to all those affected by this often debilitating condition.

As the wisdom of the old Irish Proverb tells us, there is strength in unity ... NÍ NEART GO CUIR LE CÉILE ... Kerry Fibromyalgia Support Group can provide the required strengths through reassurance, friendship, comfort and support to all those living with the condition of Fibromyalgia.

I would like to thank all those who assisted in any way with this publication, without your help it would not have been possible.

Josephine Fearns

FOUNDER AND CHAIRPERSON OF KERRY FIBROMYALGIA SUPPORT

Fibromyalgia - An Introduction

DR. MURIEL SODEN, RHEUMATOLOGIST, BON SECOURS HOSPITAL, TRALEE, CO. KERRY

This common, disabling and invisible syndrome affects up to 5% of the global population. Frustrating for sufferers, their families and caring physicians the management of Fibromyalgia involves complex solutions. Not least among these is the role of education - for sufferers and carers alike.

Amazingly, the diagnosis of the disorder is often delayed, denied or dismissed altogether. Those with the condition believe that they may be imagining their symptoms, friends and family hope that they will snap out of it and some doctors don't believe it exists. This is predicated on the fact that the majority of patients have entirely normal laboratory and radiological investigations.

It does exist. It is a neurological hypersensitivity syndrome resulting in overactivity of the sensory and autonomic nervous pathways and the reticular activation system. This manifests as pain, fatigue, lack of concentration and memory, along with diverse syndromes such as irritable bowel and bladder, chronic daily headache and depression.

This booklet represents a useful tool into the management box of any patient with Fibromyalgia and will be helpful for family, friends and doctors also. While it has been produced in the South West of Ireland by the Kerry Fibromyalgia Support Group, its applicability is global. I wish it well and hope to see it translated and promulgated across the globe.

Managing Your Fibromyalgia

NIAMH O'SULLIVAN, PHYSICAL THERAPIST, TRALEE

Once diagnosis has been established and an appropriate medical treatment plan is being followed, it is important that the Fibromyalgia sufferer makes lifestyle changes essential for improvement in the condition. Given that Fibromyalgia can involve widespread and chronic pain with low energy and sleep disorders, it is easy to understand how people may develop a negative attitude towards their state of health. The following changes will contribute to the successful management of your Fibromyalgia;

- Adherence to an appropriate exercise programme is very important. People tend to be apprehensive as regards taking exercise due to pain and fear of causing a flare. However, it must be understood that Fibromyalgia is a MUSCLE ENDURANCE DISORDER. Thus, people generally have a low muscle endurance and require aerobic exercise to improve. However if introduced too early in the treatment programme, exercise may cause further deterioration in the condition. Causative and aggravating factors must be identified and controlled.

- Ensure that before embarking on an exercise programme, that it is with medical approval and then to be designed by a health professional who has a thorough understanding of Fibromyalgia.

- The frequency, intensity and type of exercise must be appropriate. Resistance exercise, e.g. lifting weights is not recommended, as with Fibromyalgia, the strength of the muscles is usually normal, while the endurance capability is low. Adopting a 'cumulative' exercise approach generally works best. Short bouts of exercise at a low intensity usually improve muscle endurance, while reducing risk of flair / fatigue.

- Variety is best. Walking, stationary bike, aqua exercises are all good modes of exercise. Beware of overuse and unfamiliar activity. Start slowly and listen to your body. Monitor and evaluate your progress. Too much too soon will mean an extended lay off period until flare of symptoms recedes again.

- Set short and long term goals that are realistic and achievable... Strive to improve your condition as best you can. Remember the management of your Fibromyalgia is predominantly your responsibility. It will be worth it!

Review of Fibromyalgia

DR. DECLAN O'KEEFFE, PAIN MANAGEMENT CONSULTANT, DUBLIN

Fibromyalgia Syndrome (FMS) is a debilitating disorder characterised by chronic (>3 months) widespread muscle pain, persistent fatigue, sleep disturbance, depression and skin sensitivity. Fibromyalgia is believed to affect up to 5% of the general population, predominantly women. Fibromyalgia pain is consistently felt in deep tissues including ligaments, joints and muscles. Patients report that their muscles feel overworked or pulled.

The severity of symptoms varies from patient to patient and may resemble a post viral state. FMS is thought to arise from influencing factors such as stress, medical illness, and a variety of pain conditions in some, but not all patients, in conjunction with a variety of nerve chemical and hormonal disturbances. Increased release of chemicals from nerve cells in specific muscle sites trigger immune cells to release sensitising molecules.

There are no genetic or biochemical markers and patients often present with other diseases, such as migraines, interstitial cystitis and irritable bowel syndrome. A unifying hypothesis is that FMS results from sensitization of the central nervous system. Persistent or intense pain can lead to changes in the spinal cord and brain resulting in central sensitisation and pain. After central sensitisation has been established, only minimal pain input is required for the maintenance of the chronic pain state. Poor sleep and a hypervigilance state results in chronically increased muscle tone. Poor blood flow aggravates and maintains pain in muscles and soft tissue.

Diagnosis includes the presence of 11 out of 18 trigger points (painful points that precipitate muscle pain), but many patients with early symptoms might not fit this definition. Diagnosis and treatment have been especially challenging due to limited knowledge of the cause and poor response to conventional treatment of pain.

Current evidence advocates a multifaceted programme emphasising patient education, medications for improving symptoms, and aggressive use of exercise and cognitive-behavioural approaches to retain or restore function.

Cognitive behavioural therapy (CBT) techniques offer short-term, goal-orientated psychotherapy. It emphasises changes in thought patterns and behaviours and beneficial effects can be achieved in 10-20 sessions. The results from 13 programs over 18 years using CBT showed improvements in pain-relation behaviour, self-efficacy, coping strategies and overall physical function. Sustained improvements in pain were most evident when individualised CBT was used to treat patients with juvenile Fibromyalgia. In particular, specific sub groups of patients characterised by relatively high levels of psychological distress seem to benefit most from non-pharmacological interventions. Preliminary evidence of retrospective treatment analysis suggest that the efficacy may be enhanced by offering tailored treatment approaches in an early stage to patients who are at risk of developing chronic physical and psychological impairments.

To date, no drugs have been officially approved for the indication of fibromyalgia, and randomised, controlled clinical trials with Fibromyalgia patients are taking place to identify potential therapeutic approaches.

A range of medical treatments, including anti-depressants, opioids, nonsteroidal anti-inflammatory drugs, sedatives, muscle relaxants, and antiepileptics, have been used to treat FM. Non drug treatment modalities, including exercise, physical therapy, massage, acupuncture, and cognitive behavioural therapy, can be helpful. There is no curative treatment. Recent nutraceutical formulations containing the natural anti-inflammatory and mast cell inhibitory flavonoid quercetin hold promise, since they can be used together with other treatment modalities.

What is Fibromyalgia?

KERRY HSE PHYSIOTHERAPY SERVICES

Fibromyalgia is a chronic rheumatological condition characterised by generalised pain and fatigue.

Signs and Symptoms

- Chronic widespread pain
- Fatigue
- Poor quality sleep
- Widespread tender points

Associated Signs and Symptoms

- Sensation of muscle tension and morning stiffness
- Sensation of swelling around joints
- Irritable bowel syndrome
- Non restorative sleep, fatigue, and waking unrefreshed

Aggravating Factors

- Cold or humid weather
- Fatigue
- Sedentary lifestyle
- Anxiety
- Over activity

Easing Factors

- Heat, e.g. heated bean bag or hot shower
- Exercise-graduated exercise programme
- Warm dry weather
- Massage

Treatment and Management

There are various aspects in the treatment and management of Fibromyalgia. The following are just some of those:

- **EXERCISE** - can be beneficial in improving fitness levels and in reducing pain. It also helps reduce stress and can have a calming effect. It is important to choose an exercise you enjoy, e.g. walking, exercise in the water or cycling. Start off with short sessions and gradually increase the time or level of exercise, e.g. set out to do a 10 minute walk for one week and increase this by 2 minutes the second week. Be consistent with the exercise, i.e. on good days don't over do it and on bad days try to do a little exercise. Keep a diary of the exercise you do every day and set goals for yourself at the start of every week. Make sure these goals are achieveable.

- **RELAXATION THERAPY** - techniques include focussed breathing, progressive muscle relaxation, guided imagery, meditation. Relaxation can help reduce stress and pain. It can also help reduce sleeplessness and fatigue. It helps to improve mood and can give a feeling of general well-being.

- **SUPPORT** - talking to health professionals such as your GP, Physiotherapist, Occupational Therapist or Counsellor may be beneficial. They will able to advise you on the various aspects of Fibromyalgia and advise on the appropriate management. Joining a Fibromyalgia support group may also be helpful.

Fibromyalgia Tips A - Z

BY JOSEPHINE FEARNS AND VAL MOLONEY, KERRY FIBROMYALGIA SUPPORT

A **Acceptance** ... once you learn to accept your diagnosis you will develop the courage to adapt to a new way of living your life which can be as equally rewarding.

Always ... carry medication and creams when travelling or away from home.

Avoid ... carrying and lifting as this may bring on flare-ups.

B **Back Support** ... for car journeys, sitting at your computer, etc.

Bath... soak in a warm/hot bath using epsom salts/dead sea salts which helps relieve tense and aching muscles. Do not use soap products when using salts.

C **Clapping** ... at the theatre or concerts keep clapping to a minimum to avoid flare-up in neck, shoulder and arm areas.

Clothing ... keep all clothing loose - bra straps, shoe laces, etc. Use hoods instead of hats so as to keep pressure off trigger points.

Cognitive Behavioural Therapy ... Excellent chapter on this in *'Fibromyalgia and Myogascial Pain'* by S. Devlin and Mary Ellen Copeland.

Computer ... the use of the keyboard will may bring on head, neck and arm pain. Use for short periods only.

D **Diagnosis** ... as with all conditions Fibromyalgia can only be diagnosed and treated by a medical professional.

Diary ... keep a record of your progression once you start to manage your symptoms, it will also help you to pinpoint what may be causing your flare-ups.

Diet ... a healthy balanced diet is vital, i.e. no intake of stimulants such as fizzy drinks, alcohol, chocolate, cakes, biscuits or pre-packed foods. Drink only decaffeinated tea and coffee, and plenty of mineral water.

Driving ... when necessary - use a back support. Further information in relation to this area can be found on www.assistireland.ie

E **Educate** ... yourself and family on Fibromyalgia (Books, DVDs, Support Group).

Low impact exercise will strengthen muscle mass and decrease pain rate

Environment ... ensure that your work/homeplace is orderly and calm.

Exercise ... Low Impact exercise will strengthen muscle mass and decrease pain rate. Find an exercise that you enjoy doing. Your support group have videos available showing exercises that are specifically designed for Fibromyalgia. DO NOT EXERCISE WHEN IN PAIN. Rest your your muscles until you feel you are able to try some low impact stretching exercises.

F **Family** ... it is very important that other members of the family gain a knowledge of Fibromyalgia as this will enable them to understand the condition you are living with. Encourage smaller members of the family to help around the home, i.e. filling and emptying dishwasher, loading washing machine/dryer, keeping their own rooms tidy, help put away shopping and generally helping with any tasks that require repetitive movement. Why not bring your partner along to your support group.

Flare ups ... and how best to deal with them. Consult your doctor.

Fun ... don't let Fibromyalgia stop you from having fun.

G **General Practitioner** ... Although there is not as yet a cure for Fibromyalgia and much research is ongoing, it is important to have an understanding GP with a knowledge of Fibromyalgia who is prepared to listen and give helpful advise.

H **Hydrotherapy** ... have your body massaged, bathing in a warm bath. This promotes detoxification and greatly improves circulation. A very relaxing way to give your body a full work-out.

I **Information** ... IS THE KEY, once acquired it is a powerful tool; you will then be empowered to deal with the practicalities of Fibromyalgia and be able to use this knowledge to plan your route to a less painful existence and a better quality of life.

J

Join ... or CONTACT a support group. You will learn that you are not on your own with this condition. You will meet many people who can relate to you and your symptoms. It helps enormously to talk, especially when the person you are speaking to can relate to your condition. Listening to how other people manage every day tasks can be very encouraging. YOU too may have something to contribute that may help others.

K

Know ... your limitations. Stop before the pain starts - you will learn to recognise when this is.

Knowledge ... read as much as you can on Fibromyalgia and the management of it. Your support group will keep you up to date on the evolving strategies in coping with the condition.

L

Listen ... to your body. Living with Fibromyalgia now means you must adjust to alternative duration of work and rest. At the end of a day you will then be satisfied with your achievements knowing that you will be able to function the following day too.

Lists ... get into the habit of making lists. This will help to keep you organised and be in control.

M

Massage ... a necessity not a luxury.

Meals ... prepare in advance on your good days.

Medications ... consult your doctor.

Muscle ... IDENTIFYING and ELIMINATING ECCENTRIC muscle movement is an important part of reducing the pain of Fibromyalgia.

Music ... is proven to be very beneficial as part of a therapeutic programme.

N

'No' ... learning to say 'no' is one of the hardest lessons a Fibromyalgic has to learn. It is your distinguishing characteristics of absolute reliability and being there selflessly for others that has to alter. Be in control and learn from your body as to when you can say 'YES' or 'NO'. If you are in pain and suffer fatigue - learn to be honest with yourself.

Noise ... be aware of the effects that excessive noise levels can have on your sensory system. It may be helpful to use ear plugs when attending cinema, concerts, etc.

O

Over do it = Flare up ... there is a fine line between doing too much and doing too little. Keep actively mobile - but not to the extent that you cause a flare up.

P

Pace Yourself ... take breaks between daily chores, walk around, stretch gently.

Physical Fitness ... once a level of physical fitness has been established you should begin to feel less pain and your sleep pattern will improve. It may take a few months to feel the positive effects as this will be dictated by the degree of your Fibromyalgia, i.e. severe, moderate or mild symptoms.

Pillows ... ensure that the pillows you are sleeping on are not exacerbating your head, neck and shoulder pain.

Posture ... keep good posture at all times.

Pregnancy ... seek specific advice and say 'yes' to offers of support.

Preparation ... mornings can be quite difficult, you may find it helpful to prepare for the day the night before.

Prioritise ... be realistic and remember the world will not stop revolving if you only get through part of what you would like to achieve each day.

Q

Queuing ... avoid banks, supermarkets at busy times.

Quiet ... give yourself a period of quiet time each day.

R

Reading ... use an easel/music stand to prop up books, newspapers, etc.

Rest/Relax ... release the stress. It is important to promote mobility but equally as important to take time out for yourself by having rest periods throughout the day. Stop and rest when pain makes itself known.

Rocking Chair ... The use of a rocking chair provides gentle muscular movements while sitting for prolonged periods reducing the build-up of stiffness.

S

Seating ... when booking seats such as the cinema, theatre or sporting events, sit central to the stage. Remember to bring your back support. Walk around during intervals.

Shop on Line ... your weekly groceries can be bought on line and delivered to your home, saving you carrying weight. Light weight items can be purchased whilst you enjoy shopping.

Sit ... for chores like ironing, preparation of vegetables, etc.

Sleep problems … it is crucial to get as much deep sleep as possible. If your symptoms are preventing you from achieving this consult your GP.

Stress Levels ... keep low.

Stretching ... and flexing muscles on a regular basis is an important part of your management programme. Always stretch slowly before any exercise.

Supplements ... Many members find the following supplements beneficial: Magnesium, Malic Acid and Essential Fatty Acids.

Switching ... stay with any activities for a short period of time and switch to another which CHANGES the POSITION of your body. If you do so BEFORE you get tired or have an increase in pain it will reduce your pain and fatigue. As always whatever you think you can do ... DO HALF.

T **Telephone** ... use a hands free set when possible.

Therapies ... consult your GP first. Find a therapy that works for you. You may find alternative therapies like visualisation, accupuncture or gentle yoga helpful.

Think ... at times of flare think what may have caused it ... and learn from it.

Travel ... when travelling by car use the arm and back supports, avoid booking flights, ferries, etc. at times that will interfere with your body clock. When flying book aisle seats so you can get up and walk frequently without disturbing others. Avail of priority boarding - and ensure you check in all your luggage to avoid carrying.

Try ... not to let pain define you.

U **Uncompromising** ... do not place your body in uncompromising positions.

Understanding ... your condition. Once you know what you are up against and have a good knowledge of Fibromyalgia then you can begin to deal with the hurdles ahead.

V **Value** ... yourself. And as the old Gaelic prayer says ... 'strive to be happy'.

W **Writing** ... use a soft nib. Writing at an easel prevents you bending your neck and spine. Write for only short periods of time.

X **Xcess** ... remember all things in moderation especially early in your illness.

Y **You** ... focus on what you need to do to get better - not what caused your illness, look forward not backwards. YOU will learn how to manage your symptoms.

Z **Zygomatic Bone** ... GOTCHA! Look after it and all your bones and arches!!

Short list of general aids that may support daily living

COMPILED BY THE OCCUPATIONAL THERAPY DEPT KERRY HSE COMMUNITY SERVICES

KITCHEN AND DINING ACTIVITIES

- Jar and Bottle Opener
- Ring Pull Tin Opener
- Kettle Tippers
- Built Up Cutlery
- Cooking Basket
- Kitchen Trolley
- Perching Stool

BED AND CHAIR

- Bed and Chair Raisers
- Bed Lever

DRESSING

- Long Handled Shoe Horn
- Sock Aid
- Tights Aid
- Button Hook
- Elastic Shoe Laces
- Zip Puller

This is only a sample list of some of the assistive devices available today to make life easier.

Some suppliers include:

- **Medical Mobility, Ballaugh, Killarney Tel. 086 2308788 or 064 30303**
- **Murrays Medical, Dublin Tel. 01 8663330**
- **Medical Express, Limerick Tel. 061 416671**

HOUSEHOLD ACTIVITIES

- Tap Turners
- Handiplugs
- Helping Hand
- Long Handled Dust Pan and Brush
- Key Turner
- Pen Grips

BATHING/SHOWERING

- Bathboard
- Swivel Bath Seat
- Free Standing & Wall Mounted Shower Seat
- Bath Lifts

GARDENING

- Peta Easi-Grip Garden Trowel
- Peta Easi-Grip Garden Cultivator
- Peta Easi-Grip Garden Fork
- Peta Easi-Grip Long Reach Trowel
- Garden Kneelers
- Peta Easi-Grip Arm Support Cuff

GROOMING

- Long Handled Comb

OFFICE

- Pen and Pencil Cushions
- Book Holder
- Self Opening Scissors
- Foot Stool
- Lumbar Roll
- Ensure a Good Ergonomic Design to your Work Station

Resources

The following books and DVDs are available from Kerry Fibromyalgia Support Group, all good bookstores or online at www.amazon.co.uk

Creative Pain Management - The Fibromyalgia Guide Book, Dan Gibson, *Xlibris Corporation*

Fibromyalgia and Chronic Myofascial Pain - A Survival Manual, Devin J. Starlanyl, Mary Ellen Copeland, Christopher R. Brown, *New Harbinger*

Fibromyalgia and Muscle Pain - Your Self Treatment Guide, Leon Chaitow, *Thorsons & Harper Collins*

The Fibromyalgia Healing Diet, Christine Craggs-Hinton, *Sheldon Press*

Living with Fibromyalgia, Christine Craggs-Hinton, *Sheldon Press*

Coping with Fibromyalgia, Christine Craggs-Hinton, *Sheldon Press*

Freedom from Fibromyalgia, Nancy Selfridge, Franklynn Peterson, *Times Books*

From Fatigued to Fantastic, Jacob Teitelbaum, *Avery Publishing*

Making Sense of Fibromyalgia, Daniel J. Wallace, Janice Wallace, *Oxford University Press INC.*

Fibromyalgia Fatigue and You, Dr. Michael Kelly, *Kelmed Publishing*

Fibromyalgia, Dr. Don L. Goldenburg, *Piakus*

Dealing with Chronic Pain, Dr. Jack Barrett, *On Stream Publishing*

Inside Fibromyalgia, Dr. Mark Pellegrino, *Anadem Publishing*

The Fibromyalgia Survivor, Dr. Mark Pellegrino, *Anadem Publishing*

Understanding Post Traumatic Fibromyalgia, Dr. Mark Pellegrino, *Anadem Publishing*

Fibromyalgia Fighting Back, Bev Spencer, *Lrh Pubs*

Fibromyalgia for Dummies, Roland Staud M.D., Christine Adamec, *Wiley Publishing*

Self Help Exercise Guide for Fibromyalgia, Dr. Alex Aallinson, ukwellness.com

Supplements for Fibromyalgia: Natural Aids for Overcoming Fibromyalgia and other Related Disorders (Woodland Health), Joe M. Elrod

The Fibromyalgia Handbook: A 7-step program to halt and even reverse Fibromyalgia, Harris H. McIlwain, Debra Fulgham, *Holt Paperbacks*

Fibromyalgia: Simple relief through movement, Stacie Bigelow, *Wiley Publishing*

What your doctor may not tell you about Fibromyalgia: The revolutionary treatment that can reverse the disease, Paul St Amand, Claudia Craig Marek, *Warner Books*

Fibromyalgia: An essential guide for patients and their families, Daniel J. Wallace, J.B. Wallace, *OUP USA*

VIDEOS AVAILABLE

Stretch and Relax, Dr. Robert Bennett
Aerobic Exercise, Dr. Robert Bennett
Fibromyalgia and You
Alternative Therapies
Living and Working with Fibromyalgia

USEFUL WEBSITES

www.fibromyalgiasupport.ie (Official Kerry/Cork Support Group Website)
www.ukfibromyalgia.com
UK Fibromyalgia produce an excellent monthly magazine called 'The Family - Everything you need to know about Fibromyalgia'. This is available from Kerry and Cork Fibromyalgia Support or you can purchase the magazine directly from UK Fibromyalgia, 7 Ashbourne Road, Bournemouth, BH52JS

www.myalgia.com (Oregon Fibromyalgia)
www.stiffuk.com
www.fmsni.freeserve.co.uk
www.endfatigue.com
www.arthritis-foundation.com
www.chronicpainireland.org (Irish Chronic Pain Association)
www.assistireland.ie (A practical website, hosted by the Citizens Information Board that has a comprehensive list of devices, along with Irish suppliers of same)
www.citizensinformation.ie
www.hse.ie
www.enfa-europe.eu European Network of Fibromyalgia Assocociations

KERRY SUPPORTED EMPLOYMENT: This is a supported employment programme, with a brief to assist and support people with health issues to gain and retain employment. Upper Rock Street, Tralee, Co. Kerry. Tel : 066 7118758/7118774

KERRY FIBROMYALGIA SUPPORT GROUP

Monthly Meetings
Information Packs Available
Extensive Lending Library
HELPLINE: 086 1607355

Starting a New Support Group?

... or need new ideas for an existing group?

The Community Work Department of the Health Service Executive can support you.

The main role of the Community Work Department is to support, empower and enable local groups, organisations and local people to tackle the health and social issues with which they are concerned.

Their role is to work with community and voluntary groups to enable them to organise thier groups effectively by accessing grants, organising management committees, linking with other support agencies, etc.

Specific support that the Community Worker Department can offer is:

- Access to National Lottery Grants, which are cash payments to enable groups to purchase once-off equipment or to support specific projects that a group wants to undertake.
- Access to Section 39 Grants, which are annual payments to provide groups with ongoing costs to support their work.
- Link groups with other Health Service Executive Departments and services such as the Health Promotion Department, Senior Case Worker, Occupational Therapy, Public Health Nurses, Physiotherapy Services for Carers, etc.

If your group is interested in any of the above please contact the
Community Work Department at 066 7195635
and your local community worker will be pleased to support you.

Useful Information

Citizens **Information** Board
information · advice · advocacy

Citizens Information - Information for all

The Citizens Information Board (formerly Comhairle) is the national support agency responsible for supporting the provision of information, advice and advocacy on social services.

The Board provides:
- Citizens information for the general public
- Support for Information Providers, e.g. voluntary and statutory organisations
- Social Policy and Research Information

Resources for Citizens

Citizens Information Centres, supported by Citizens Information Board, provide one-to-one impartial and comprehensive information on all aspects of entitlements to the public in over 250 locations around Ireland.

Citizens Information Phone Service provides easy access by telephone and email to information and advice on the broad range of social services.
The service is available by calling **Lo-Call 1890 777 121.**

Citizens Information Website provides information on public services for the general public and Information Providers. The site can be accessed at
www.citizensinformation.ie

ELAINE FOLEY GRAPHIC DESIGN • 066 7180654

KERRY FIBROMYALGIA SUPPORT GROUP

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If you would like more information on Fibromyalgia
or your local support group please contact
Tel. 086 1607355

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Health Service Executive

Citizens Information Board
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