

Between 10% and 30% of primary care doctor (GP) consultations are for symptoms that resemble fibromyalgia: including fatigue, malaise and general muscle pain.

These may well arise as part of any of the following conditions:

- Chronic Fatigue Syndrome (CFS)
- Myalgias\*: polymyalgia rheumatica
- Rheumatoid arthritis
- Systemic Lupus Erythematosus
- Anaemia
- Neuromuscular disease
- Depression
- Sleep disturbance
- Drugs and alcohol

Some of these conditions are outlined in slightly more detail below.

\* note: myalgia = muscle pain; myopathy = abnormality in the muscles (cf. Neuropathy = abnormality in the nerves)

Note that fibromyalgia may be seen in **hypothyroidism**: as I have explained in other articles, there does seem to be a link between arachnoiditis and thyroid disease: in particular in those who have undergone a myelogram (the dyes contain iodine which affects the thyroid).

Also: **Raynaud's phenomenon** is quite often seen in CFS or fibromyalgia and is also a fairly common occurrence amongst arachnoiditis patients.

