

Women-Over-50 Empowerment & Leadership Hub Releases Fibromyalgia Relief Report

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WomenOver50Thrive, a website based in Deerfield, New Hampshire, created by Robin a life coach and psychology major, has released a report on Fibromyalgia after conducting extensive research on the debilitating illness. After finding that more than 5 million people suffer from Fibromyalgia, a form of arthritis, in the U.S alone, and 80 to 90% of sufferers are women, Robin looked into ways of relieving symptoms of the incurable illness. The report defines Fibromyalgia, what the condition affects and how a sufferer feels, before disclosing new technology to manage the condition. More information is available at <http://womenover50thrive.com>.

Released in March, the Fibromyalgia report shows that Fibromyalgia is very difficult to diagnose and that it causes widespread, often chronic pain, exhaustion, memory lapses and headaches. Sufferers also feel light sensitivity, and may not like noise or temperature changes. Middle aged women typically get Fibromyalgia and feel pain in their legs, arms, hips and neck, as well as shoulders. Chronic fatigue and a compromised immune system are also typical.

Many Fibromyalgia sufferers also feel depressed and anxious as a result of the pain. Plus, many sufferers complain of a fog causing disorganized thoughts and an unclear mind. Treatment for the condition is very limited, although there are ways to alleviate symptoms.

According to research, there are an estimated 10 million Americans that suffer from Fibromyalgia and between 3 to 6% of the world population. However, these figures may be much higher due to the difficulty of diagnosing the illness and it being similar to other conditions.

WomenOver50Thrive offers older women insight into world events and their overall health. The site is empowering, helps older women to take control over their lives and lifestyle, and enables them to live more productive lives while feeling better about themselves.

When asked why she published the report, Robin said, "By educating readers and offering encouragement, it's hoped sufferers discover effective solutions to manage their pain. While there is no cure for the condition, technology can provide relief, and it's important that sufferers find ways to increase their level of comfort."

The WomenOver50Thrive latest report on fibromyalgia is available here <https://womenover50thrive.com/the-early-symptoms-of-fibromyalgia>.

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Keywords

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