

ULTRA ACCESS

Physical Health Alert: Fibromyalgia

A physical condition that affects ones joints and causes musculoskeletal pain

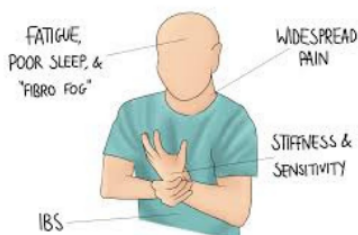
May 12th is World Fibromyalgia Awareness Day.

What is **Fibromyalgia**?

It's a chronic disorder characterised by widespread musculoskeletal pain and one that can also cause fatigue, problems sleeping, memory issues and mood-swings.

It is believed that Fibromyalgia can amplify the various pain caused by the above symptoms by affecting the way your brain and spinal cord process painful and non-painful signals.

It is similar (in a way) to Arthritis, but can become much more severe.



Symptoms may come and go, lasting a few minutes, an hour, a day, a week, a month, or a even year.

Whilst there is no cure for **Fibromyalgia** currently, a variety of treatments and therapies focus on reducing the amount (and frequency) of pain caused.

Some of these therapies could also help to improve ones sleep.

Other therapies such as specific exercises, massaging of the affected areas, acupuncture, and chiropractic care aim to manage symptoms without Pharmacological / Medical interventions.

Medical prescriptions can however also be used manage pain, improve sleep, and combat depression, too.

Its an extremely debilitating condition that affects many millions every year, and could be especially devastating for scaffolders to contract.

We already, due to the significant physical day-to-day wear and tear on our joints and musculoskeletal strain have already potentially weakened joints, etc and this condition could make that considerably worse.



WORLD
FIBROMYALGIA
AWARENESS DAY
MAY 12

If you suddenly start noticing the following symptoms of pain - the aching, burning of, or throbbing within your muscles, ligaments, tendons and in the neck and back (especially) and/or an increased sensitivity in said areas to the touch, as well as difficulties getting to, or staying asleep, then ULTRA ACCESS would highly recommend contacting your GP for a check up ASAP.

It might be nothing - just a bit fagitue due to the graft we do, or it might not...

And as always, we advocate for a proactive approach.

ULTRA ACCESS
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