



Fibromyalgia Awareness Week 2017

Thank you for your interest in supporting Fibromyalgia Awareness Week 2017, taking place this year between Sunday 3rd and Sunday 10th September 2017.

Fibromyalgia is a long-term condition characterised widespread pain and profound fatigue. It's not clear exactly how many people are affected by fibromyalgia, although research has suggested it could be a relatively common condition affecting around 1 in 20 people to some degree. Other symptoms of fibromyalgia often include unrefreshing sleep, headaches, an irritable bowel, cognitive disturbances, dizziness and sensitivity to environmental factors.

The aim of Fibromyalgia Awareness Week is to raise awareness of fibromyalgia, and the impact it has on those living with fibromyalgia, and their friends and family. Given that fibromyalgia is an invisible disease, it is so important that we raise awareness of fibromyalgia, in order to broaden perceptions, knowledge and understanding of this condition. During the week, we will be sharing different perspectives from people living with fibromyalgia; family members; volunteers, patient organisation representatives, and healthcare professionals, in order to raise awareness and challenge some of the misconceptions people have about fibromyalgia.

How can I get involved?

- Get involved on **social media**:
 - Add a Twibbon to your Facebook and Twitter profile pictures: <http://twibbon.com/support/fight-fibro-2017>
 - Join our Thunderclap on Facebook, Twitter and Tumblr: <http://thndr.me/PQAxdt>
 - Spread the word by liking, sharing and retweeting our posts and videos on Facebook (@ukfibro) and Twitter (@fmauk)
 - Take a selfie and post it on social media using the hashtag #FightFibro. We'll be sharing them throughout the week!
- Download and request copies of our **posters and leaflets** about fibromyalgia: <http://www.fmauk.org/posters>
- Take a look at our **information booklets**, and share them with people who may find them useful: <http://www.fmauk.org/booklets>
- Send a **medical pack** to your general practitioner (GP) or other healthcare professionals if they need some further information about fibromyalgia: <http://www.fmauk.org/GP-Request>
- **Fundraise** for Fibromyalgia Action UK. Please visit: <http://www.fmauk.org/fundraising> for more information.

**Thank you for supporting Fibromyalgia Action UK.
Together, we are fighting for freedom from fibromyalgia.**