The prevalence of Fibromyalgia among the women in the Unites States.

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**Research Objective:**

The Objective of this research paper is to investigate the causes of FMS in women of the United States and to identify its clinical and demographic features. The population that I have selected for this research is the women of the United States as they are most effected by Fibromyalgia. This research is time bounded and will take full time assigned to it.

**Background:**

Fibromyalgia is a syndrome that reduces bodily functions and is expressed by acute body pain. It needs frequent use of health care (Busch, et al., 2007). The patient with Fibromyalgia will show symptoms of illness like muscle fatigue, the problem with memory and patient will not be able to give concentration, headache and irritable bowel syndrome will also be experienced (Wolfe et al., 1990).

The individual will also experience a lot of other symptoms along with FMS. Symptoms like lack of sleep, depression, fatigue, and swiftness. These symptoms might not let the people with Fibromyalgia perform exercises but the majority of the people get exercise training. Exercise training comprises of aerobics, stepping, stretching and walking and using machines for resistance. Exercise is found out to be the best procedure to cure FMC along with medication and education programs (Clauw, 2014).

Medications like antidepressants along with painkillers are taken and talking therapies work to minimize the syndrome of fibromyalgia. Relaxation technique will also lessen down the body pain and will help to get quality sleep.

The exact and accurate cause of fibromyalgia is not known but it is mainly related to an abnormal release of certain chemicals in the brain tissues and the levels of those chemicals change in nerves and spinal cord and another part of the central nervous system as well.

The cause of fibromyalgia could be genetic as well, some patient gets it from their parents. But in most of the cases, the conditions are experienced due to emotional or physical stressful events like giving birth, injury or infection, breaking down of a close relationship, death of loved one or by having a critical operation (NHS.uk, 2019)

Anyone can develop fibromyalgia but it affects women seven times more than men. The condition mostly occurs at ages 30 and 50 but can occur top people of early ages. Some researches show that one individual experience fibromyalgia out of every 20 people. It is very difficultly diagnosed so it was not clear how many people got affected by it and the symptoms are similar to other illnesses (NHS.uk, 2019). Scientific society has not developed a mechanism for FMS management and it is a common practice that appears to be studied in rheumatology (Topbas et al., 2005).

**Rational of the study:**

Fibromyalgia is a mystery and it cannot be diagnosed with laboratory tests. It affects women up to 90 percent of the cases. And the United States its report rate is 2-6.4 percent. If the patient is not having any inflammation in joints then it is difficult to diagnose. Most of the women do not know that they have FMS and are not aware that whether it is FMS or some work-related anxiety or stress. Researchers have not made it clear how an individual will know whether he/she is having normal work-related stress or a severe FMS. So the rationale of this research is to let the women of the United States know about the clinical causes of FMS and how it can be diagnosed and cured.

The research will identify the best treatment procedure for FMS and what exercises will be best to get quick recovery. The research will also highlight the causing factors of FMS and will give suggestions to avoid getting FMS. The research will make it clear that the physical and psychological connections that boost up FMS. This study will help the women of USA to easily fight against the symptoms of Fibromyalgia. They will not mix it with work-related stress and it will be cured before getting worse.

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