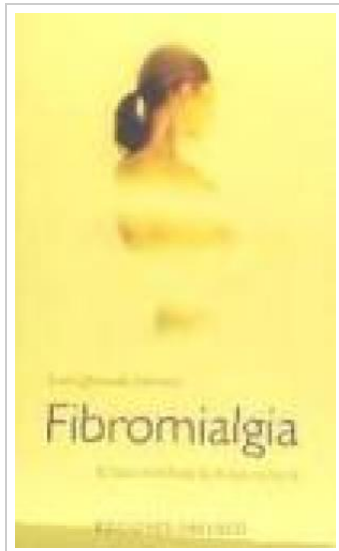




FIBROMIALGIA - COMO COMBATIR LA FATIGA CRONICA

By Luis Quevedo Herrero

Ediciones Obelisco, 2006. soft. Condition: New. La fibromialgia es una enfermedad reumatológica que se caracteriza por una sensibilidad agudizada en ciertos puntos del cuerpo y por la presencia de dolor crónico difuso. Aparece acompañada de malestar general, sueño no reparador, depresión y una larga lista de síntomas frecuentes. La fibromialgia afecta entre un dos y un cuatro por ciento de la población española y se calcula que unas 800. 000 personas la padecen sin calcular además que, en nuestro país, alrededor del 90 % de los enfermos de fibromialgia no están diagnosticados. Antes del diagnóstico definitivo, al 35 % de los afectados les diagnostican dolencias diferentes y al 16 % no les dan respuestas satisfactorias sobre sus dolencias. Si tiene usted alguno de estos síntomas, es posible que padezca fibromialgia: * Dolor muscular * Fatiga crónica * Cefaleas puntuales o crónicas y dolor de los músculos faciales * Depresión y ansiedad * Hipersensibilidad sensorial * Alteraciones del sueño * Vejiga irritable o colon irritable * Candidiasis * Adormecimiento y/o hormigueo en las extremidades * Mareos * Fiebre de pocas décimas o sensación de fiebre * Sudores nocturnos y fiebre Tras un sucinto repaso de la historia de la fibromialgia y...



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