Chronic Condition Chronicles [1]

Week of:
Aug 14, 2020

Fibromyalgia fixes [2]

Hi Alice!

I am a 22 yr old female grad student with fibromyalgia. I was officially diagnosed about 2 years ago, but have had it my whole life. I cannot find any record of children having it. I have seen lots of ads online for things to "cure" it but they are probably scams. I am struggling with how to deal with my illness. I am always tired, very depressed and anxious, ache, migraines, am very tense, restless legs, always cold, and feel faint often. I have been on Zoloft for about six months, but do not feel much better.

What can I do to feel better!? I am poor and spend my money on massages when I can, but my grad health insurance doesn't cover massages, or acupuncture — things I see suggested. I take a bath every day because that is supposed to help. Any ideas for me? I am a mess! I need help, but am poor! What do I do?

Read more [2]

What is fibromyalgia? [3]

Dear Alice,

What is "fibromyalgia"? Heck, I'm not even sure of the spelling, but that's it phonetically, anyway. Thanks.

Read more [3]

Arthritis? [4]
Alice,

What is arthritis? Is it a deterioration of cartilage?
— Wondering

Read more [4]

**Migraine headaches** [5]

Alice,

My wife has terrible migraine headaches. She has tried caffeine, vitamins, and Motrin. Motrin works occasionally. Any suggestions?
— Low tolerance

Read more [5]

**Crohn's disease information** [6]

Dear Alice,

Do you know anything about the disease Crohn's? If you do, any latest research information?
— Stomach ache

Read more [6]
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