

Patient Stories: Cee Cee, Living with Fibromyalgia

It's called fibromyalgia. And for me it's feeling like you've been hit with the flu all of a sudden where your body just aches and your hair hurts just everything. You just want to go straight to bed.

I've noticed if I keep in motion it kind of keeps things oiled kind like the Tin Man just call it keeps it moving along a little bit better. So I have find things to do like just knitting just to keep my mind busy. Other than just staring at the TV. So it's a little active that way. And. I'll take walks. We have a dog. We'll walk him and he's very good walker.

Every day every morning I like a routine to get up early and just do 30 minutes of it. And if I can't do in the morning it's also a nice way to slow down after the day and do that as well. But if I can't get to it like I haven't been able to get to it. I can feel it.

I'm no different than anybody else. Everybody's got a problem whether it's fibro or mental disease or. A hiccup you know. It's how you choose to live with it and deal with it. What's the alternative. So I choose to wake up. And keep on keeping on. Best I can.