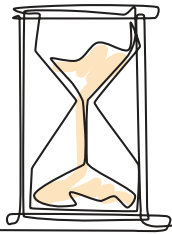


CMI



What is CHRONIC MULTISYMPPTOM ILLNESS

People who have multiple symptoms across different body systems that have lasted longer than 6 months that are not explained by any other medical condition may have CMI.

SYMPTOMS

It is important to talk with your provider about ALL of your symptoms. Many people with CMI suffer from different symptoms.

- Symptoms can interfere with your daily life or cause emotional stress.
- They can affect your ability to function, interfering with your physical activities or your emotional state.
- This can make it harder to focus, complete your daily tasks, and socialize with coworkers, friends and family.



MAKE A PLAN & SET GOALS

Work with your healthcare team to make a plan and set goals.

- Develop a personal health plan with a long-term timeline for follow-up and monitoring your progress toward personal goals.
- Identify individual treatment goals focused on improving your quality of life.
- Set goals together with your healthcare team.



TREATMENT OPTIONS

- Treatments may be approached with a patient care “team” that may include Physical Therapists, Occupational Therapists, Massage Therapists, Acupuncture Therapists, or Behavioral Therapists.
- Treatments may include exercise, aerobics, Yoga, and Tai chi.
- Some goals of treatments are to help increase resilience, cope with symptoms, decrease the impact your symptoms have on daily life, and enhance quality of life.



Share your treatment plan and goals with family and friends. Ask how they can help support you with achieving your goals.



TAKE CHARGE OF YOUR HEALTH

Be an active participant in your healthcare to help decrease the impact your symptoms have on your daily life. Treat CMI with a whole health/holistic approach.

- Educate yourself - learn more about Chronic Multisymptom Illness – do more research
- Keep positive
- Set goals & Make plans
- Manage your symptoms
- Work to improve your ability to do daily activities
- Keep your doctor appointments



Improve Your Quality of Life