

The Pain Wars

線維筋痛症と闘う日々

Fighting the devil called
“**Fibromyalgia**”
For everyone suffering
from the “**Pain**”

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In Akasaka Lives

I am suffering from Fibromyalgia and fighting this devil.

In this disease, there is nothing wrong with the affected area, but the symptoms of pain continue to appear.

In my case, when I try to move my limbs, I am in severe pain.

This condition has interfered with my life, and it feels like hell every day.

Pain in the body is never something I get used to, and therefore I call this disease the devil.

So, I went to various medical institutions and had my tests done, but all of them said that there was nothing wrong.

What does it mean that there is nothing wrong?

Typical serious diseases that cause pain in the body include cancer, rheumatoid arthritis, muscular dystrophy, amyotrophic lateral sclerosis (ALS), and rhabdomyolysis, but my disease was not any of these.

If I had any of these diseases, it would have been a lot harder.

However, this disease is "unknown cause" and "no effective treatment", so I am only at a loss.

Fortunately, the only saving grace is that it is not a deadly disease.

However, because of this pain, I had to take a leave of absence due to the difficulty of commuting to work.

Also, celebrities who have this disease have said that it is hard for people around them to understand, and that is exactly what happened.

At first, even my loving wife could not understand.

But several celebrities have revealed that they have this disease, which has helped them understand it to some extent, and I would like to thank them for that.

How long will my days of just enduring pain daily last?

Sometimes it is tempting to end the pain on my own at a moment's notice.

I lost my job even if temporally and was on the verge of despair, one day, I thought about what even I could do to help.

Then, I thought that publishing a book about my experience of the current disease would provide emotional support for readers who are suffering the same way I am.

Fortunately, there are no abnormalities in my brain, eyes, or ears, I can read books, listen to music, think, and type even slowly.

Also, eBooks do not cost so much and are easy to publish for me with extremely reduced income.

However, since Fibromyalgia is a little-known disease in Japan, it is expected that the potential readership will be much smaller if the book is published in Japanese.

Therefore, since this disease is better known abroad than in Japan, I decided to publish an English version of the book first.

I love English, but I am not really good at it, so I am not sure if I will be able to convey it well to my readers, but it is the only thing I can do now.

I hope that those who read this eBook will be able to heal a little bit of the pain in their hearts, if not the pain in their bodies...

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