

FIBROMYALGIA

Fibromyalgia

- Characterized by chronic, widespread musculoskeletal pain and focal tenderness, fatigue, stiffness, and non-restorative sleep.
- 40% with cognitive development
- Irritable bowel syndrome and restless legs syndrome are part of the clinical picture
- More common in women
- Presents age 20-55, but increases in prevalence , peaking at 70-79 years

Fibromyalgia

- Central stimulation or amplification of pain in the spinal cord through spontaneous nerve activity, expanded receptive fields, and augmented stimulus responses.
- Hypothalamic-pituitary-adrenal axis dysfunction
- Acute illness as trigger

Fibromyalgia

- Sjögren syndrome in 50%
- Thyroiditis in 31%
- SLE in 65%
- Rheumatoid arthritis in 71%
- Major depression in 22-62%

Fibromyalgia

- American College of Rheumatology diagnostic criteria include:
- Point tenderness in multiple areas
- Severity of symptoms of fatigue, waking unrefreshed, and cognitive difficulty (scale of 0-3 for each)
- Number of somatic symptoms in general (scale of 0-3)
- Point tenderness in more than seven areas with severity of symptoms scale >4 ,
- Or point tenderness in more than four areas with severity of symptoms scale >9

Fibromyalgia

- Exercise and cognitive behavioral therapy effective for symptom relief
- Heated pool treatment with or without exercise also recommended
- Electro-acupuncture effective for symptom relief
- Amitriptyline most effective antidepressant for pain relief, diminution of fatigue, and sleep restoration
- Pregabalin and Cyclobenzaprine also approved for therapy