Fibromyalgia



Fibromyalgia is a common widespread pain condition¹



More prevalent in women than in men²

Key risk factors for fibromyalgia include:



Having a first-degree relative with the condition³

CHANGE PAIN

Taking care of pain



Presence of some autoimmune disorders⁴

Central sensitisation is considered to be the main mechanism underlying fibromyalgia⁵

It is defined as a central nervous system (CNS) mediated increased response to stimulation resulting in heightened responses to painful stimuli (hyperalgesia) and painful responses to non-painful stimuli (allodynia)³



1. Jahan F et al. Oman Med J. 2012;27(3):192–95. **2.** Marques AP et al. *Rev Bras Reumatol Engl Ed.* 2017;57(4):356–63. **3.** Clauw DJ et al. *Am J Med.* 2009;122(12):S3– S13. **4.** Buskila D & Sarzi-Puttini P. *Isr Med Assoc J.* 2008;10(1):77–8. **5.** Bellato E et al. *Pain Res Treat.* 2012;2012:426130. **6.** Wolfe F et al. *Arthritis Care Res.* 2010;62:600– 10. **7.** Graystone R et al. Semin Arthritis Rheum. 2019;48(5):933–40.



In 2010, the American College of Rheumatology (ACR) developed a set of diagnostic criteria for fibromyalgia that consider the severity of accompanying symptoms, such as:⁶







Bowel disorders



The extent of widespread pain

Approximately half of patients with fibromyalgia have small fibre pathology suggesting involvement of the peripheral nervous system⁷

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