

# Fibromyalgia



Fibromyalgia is a common widespread pain condition<sup>1</sup>



More prevalent in women than in men<sup>2</sup>

## Key risk factors for fibromyalgia include:



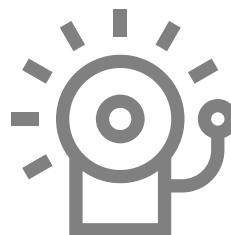
Having a first-degree relative with the condition<sup>3</sup>



Presence of some autoimmune disorders<sup>4</sup>

**Central sensitisation** is considered to be the main mechanism underlying fibromyalgia<sup>5</sup>

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)<sup>3</sup>



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:<sup>6</sup>



Fatigue



Bowel disorders



The extent of widespread pain

Approximately half of patients with fibromyalgia have small fibre pathology suggesting involvement of the peripheral nervous system<sup>7</sup>