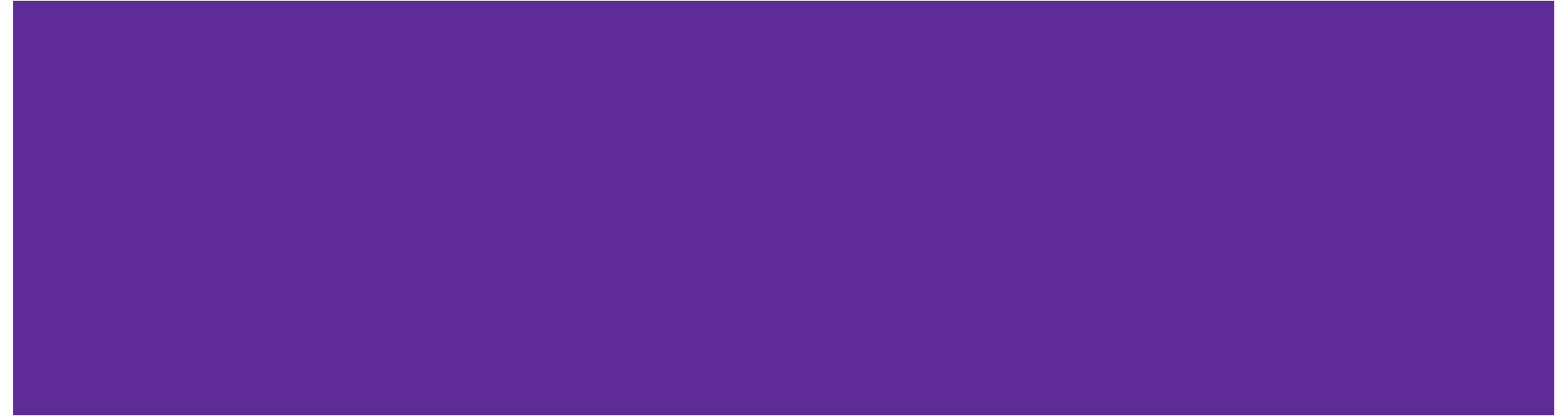


Fibromyalgia

Diagnosis & integrative approach to treatment
Stephanie Karozos 10/17/19



**What is
fibromyalgia?**

Fibromyalgia

- ❖ Chronic pain syndrome
- ❖ Widespread muscle aches
- ❖ Fatigue
- ❖ Pain and stiffness
- ❖ Soft tissue tenderness
- ❖ Sleep disturbances
- ❖ Unknown etiology
- ❖ 8:1 female to male ratio*
- ❖ Symptoms overlap with other conditions

A few points

- ❖ Not a deteriorating disease
 - Worsening pain can be a sign that something else is going on
- ❖ Multi-system disorder that often co-occurs with mood disorders, sleep issues, irritable bowel, etc.
- ❖ Co-exists with other rheumatologic diseases often
 - Flares during disease flares

Diagnostic criteria

Diagnosing fibromyalgia

Initial Evaluation

- ❖ History and physical
 - Widespread pain
 - Pain worsens with stress
 - Often stiffness and paresthesias as well
 - Somatic symptoms
 - Fatigue
 - memory/concentration difficulties
 - Comorbid syndromes: IBS, interstitial cystitis, headache, TMJ

Diagnosing fibromyalgia

- ❖ Labs: TSH, Vitamin D, CBC, BMP, CRP
- ❖ Consider Rheum labs
- ❖ Imaging/sleep study if clinically indicated
- ❖ 2016 Diagnostic Criteria
 - WPI (widespread pain index) at least 7 and SSS (symptom severity scale) at least 5 OR WPI of 4-6 and SSS at least 9
 - Generalized pain in at least 4 of 5 regions
 - Symptoms at least 3 months
 - No other diagnoses explain symptoms

New Clinical Fibromyalgia Diagnostic Criteria – Part 1.

To answer the following questions, patients should take into consideration

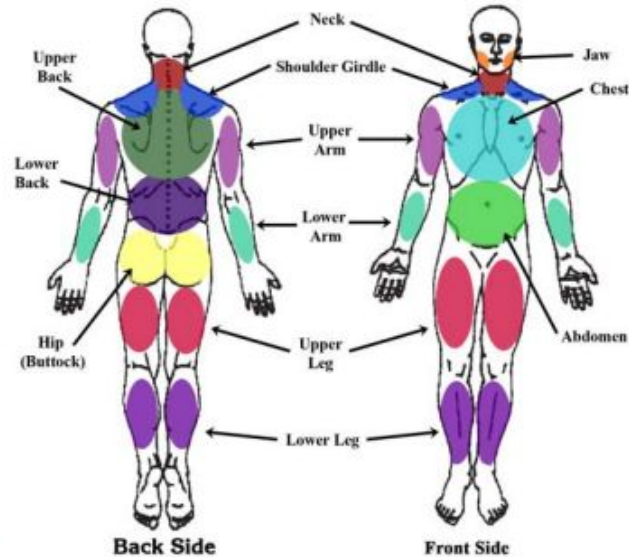
- how you felt the **past week**,
- while taking your current therapies and treatments, and
- exclude your pain or symptoms from other known illnesses such as arthritis, Lupus, Sjogren's, etc.

Check each area you have felt pain in over the **past week**.

- | | |
|---|--|
| <input type="checkbox"/> Shoulder girdle, left | <input type="checkbox"/> Lower leg left |
| <input type="checkbox"/> Shoulder girdle, right | <input type="checkbox"/> Lower leg right |
| <input type="checkbox"/> Upper arm, left | <input type="checkbox"/> Jaw left |
| <input type="checkbox"/> Upper arm, right | <input type="checkbox"/> Jaw right |
| <input type="checkbox"/> Lower arm, left | <input type="checkbox"/> Chest |
| <input type="checkbox"/> Lower arm, right | <input type="checkbox"/> Abdomen |
| <input type="checkbox"/> Hip (buttock) left | <input type="checkbox"/> Neck |
| <input type="checkbox"/> Hip (buttock) right | <input type="checkbox"/> Upper back |
| <input type="checkbox"/> Upper leg left | <input type="checkbox"/> Lower back |
| <input type="checkbox"/> Upper leg right | <input type="checkbox"/> None of these areas |

Determining Your Widespread Pain Index (WPI)

The WPI Index score from Part 1 is between 0 and 19.



Count up the number of areas checked and enter your Widespread Pain Index or WPI score here ____.

Symptom Severity Score (SS score) - Part 2a.

Indicate your level of symptom severity over the past week using the following scale.

Fatigue

- 0 = No problem
- 1 = Slight or mild problems; generally mild or intermittent
- 2 = Moderate; considerable problems; often present and/or at a moderate level
- 3 = Severe: pervasive, continuous, life disturbing problems

Waking unrefreshed

- 0 = No problem
- 1 = Slight or mild problems; generally mild or intermittent
- 2 = Moderate; considerable problems; often present and/or at a moderate level
- 3 = Severe: pervasive, continuous, life disturbing problems

Cognitive symptoms

- 0 = No problem
- 1 = Slight or mild problems; generally mild or intermittent
- 2 = Moderate; considerable problems; often present and/or at a moderate level
- 3 = Severe: pervasive, continuous, life disturbing problems

Tally your score for Part 2a (not the number of checkmarks) and enter it here ____.

Symptom Severity Score (SS score)- Part 2b

Check each of the following OTHER SYMPTOMS that you have experienced over the past week?

- | | | |
|--|--|---|
| <input type="checkbox"/> Muscle pain | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Loss/change in taste |
| <input type="checkbox"/> Irritable bowel syndrome | <input type="checkbox"/> Chest pain | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Fatigue/tiredness | <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Dry eyes |
| <input type="checkbox"/> Thinking or remembering problem | <input type="checkbox"/> Fever | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Muscle Weakness | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Loss of appetite |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Dry mouth | <input type="checkbox"/> Rash |
| <input type="checkbox"/> Pain/cramps in abdomen | <input type="checkbox"/> Itching | <input type="checkbox"/> Sun sensitivity |
| <input type="checkbox"/> Numbness/tingling | <input type="checkbox"/> Wheezing | <input type="checkbox"/> Hearing difficulties |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Raynaud's | <input type="checkbox"/> Easy bruising |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Hives/welts | <input type="checkbox"/> Hair loss |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Frequent urination |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Painful urination |
| <input type="checkbox"/> Pain in upper abdomen | <input type="checkbox"/> Heartburn | <input type="checkbox"/> Bladder spasms |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Oral ulcers | |

Count up the number of symptoms checked above.

*If you tallied:

- | | |
|------------|----------------------------|
| 0 symptoms | Give yourself a score of 0 |
| 1 to 10 | Give yourself a score of 1 |
| 11 to 24 | Give yourself a score of 2 |
| 25 or more | Give yourself a score of 3 |

Enter your score for Part 2b here ____.

Now add Part 2a AND 2b scores, and enter ____.

This is your Symptom Severity Score (SS score), which can range from 0 to 12.

An aside...

If a patient has the appropriate history but scores aren't quite adding up and has:

- Associated fatigue
- Lack of restorative sleep
- Irritable bowel symptoms

You may still consider clinically diagnosing fibromyalgia, particularly if they have pain in 4 of 5 regions.

Consider the “ABC” indicators:

Algesia

Bilateral, axial-symmetric pain distribution

Chronic distress

Treatment

Multimodal approach

- ❖ Pharmacologic therapies
 - Strongest evidence:
 - SNRIs (duloxetine)
 - Cyclic medications (cyclobenzaprine, amitriptyline)
 - Alpha-2-delta ligands (gabapentin, pregabalin)
 - Modest evidence:
 - Tramadol
 - SSRIs
 - Dopamine agonists
 - Least evidence:
 - Opioids
 - Steroids
 - NSAIDs
 - Benzos

Multimodal approach

❖ Supplements

- Adaptogens
 - Rhodiola - more energizing/activating, good for chronic fatigue
 - Ashwagandha - for stress/sleep
- Valerian
- Lemon Balm
- SAMe
- B vitamins
- Magnesium
 - Topical
 - Oral

Multimodal approach

- ❖ Nonpharmacologic therapies:
 - Exercise
 - Aerobic
 - Strengthening
 - Education
 - Sleep hygiene
 - CBT
 - Acupuncture
 - OMT
 - PT: ultrasound & electrotherapy
 - Dietary interventions

Stepwise treatment

- ❖ Step 1:
 - Sleep hygiene
 - Exercise
 - Healthy diet (consider FODMAP if concurrent IBS)
 - Supplements
- ❖ Step 2:
 - Consider pharmacologic treatment
- ❖ Step 3:
 - Psychological interventions
- ❖ Step 4:
 - Treat comorbidities (i.e. acupuncture for headaches, OMT for persistent pain, PT, etc.)

Questions?

Resources

AZCIM Integrative Medicine Fellowship Curriculum: Fibromyalgia

Fibromyalgia powerpoint and video lecture: Tieraona Low Dog for AZCIM

American College of Rheumatology “2016 revisions to the 2010/2011 Fibromyalgia Diagnostic Criteria”

Journal of pain research “Rethinking the criteria for fibromyalgia in 2019: the ABC indicators” 2019 Jul 10