**Fibromyalgia Cheat Sheet**

Short Definition: Fibromyalgia is a pain syndrome characterized by chronic wide-spread pain at multiple tender points, joint stiﬀness, and systemic symptoms (e.g., mood disorders, fatigue, cognitive dysfunction, and insomnia) without a well-deﬁned underlying disease.

* Though can most definitely be associated with specific diseases such as rheumatic pathologies, psychiatric or neurological disorders, infections, and diabetes.

Etiology and Pathogenesis: Still not clear, but there are some theories…

1. *Central Nervous System*: Increased response to stimulation mediated by CNS signaling (enlarged receptive fields, augmented stimulus response by afferent fibers).
2. *Impaired descending inhibitory pain pathways*
3. *Increased glial cell activation in spinal cord:* Activated by painful stimuli and release proinflammatory cytokines
4. *Low serotonin levels:* not great studies but would coincide with the frequent concomitant mental disorders. Also can lead to increase of the Hypothalamic-pituitary-adrenal axis.

Diagnosis: Three main symptoms that are nearly universal:

1. Pain: diffuse, multifocal, deep, gnawing, or burning. Often waxes and wanes and is frequently migratory
2. Fatigue:
3. Sleep disturbance:

It is important to rule out other pathologies (mental health d/o, hypothyroidism, RA, adrenal dysfunction, multiple myeloma). All labs are usually normal in fibromyalgia.

Initial Labs: CBC, BMP, TSH, ESR/CRP

There are two ACR criteria; one from 1990 and one from 2010. The one from 2010 is supposed to be “easier” for clinicians and has nearly the same sensitivity and specificity for diagnosing fibromyalgia (compared to 1990 gold standard).

**TREATMENT**







