

# Fibromyalgia

Diagnosis & integrative approach to treatment  
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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.

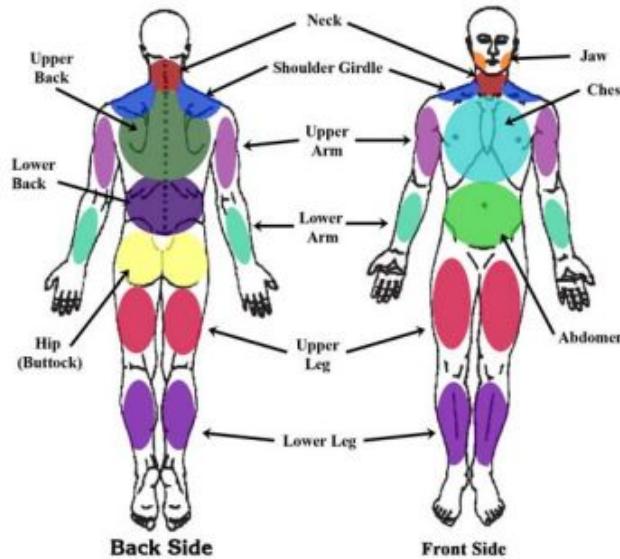
To answer the following questions, patients should take into consideration

- 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 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"/> Raynauld'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