

# CNS SPECTRUMS®

THE INTERNATIONAL JOURNAL OF NEUROPSYCHIATRIC MEDICINE

## EXPERT PANEL SUPPLEMENT

### ***FIBROMYALGIA FACTS: FOUNDATIONS FOR ASSESSMENT, CARE, AND TREATMENT STRATEGIES***

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#### **ABSTRACT**

Fibromyalgia (FM) is a common condition in the population occurring in 2% to 4% of adults living in the United States. Characterized by chronic widespread pain for at least 3 months and the presence of widespread mechanical tenderness, FM typically affects women and can be found in patients of varying ages who present in both primary care and psychiatric settings. As there are a number of other clinical syndromes which often occur with FM, it is important for clinicians to have a current understanding of the etiology of the syndrome and its diagnostic criteria. Conditions that occur comorbid with FM include lupus, rheumatoid arthritis, Sjogren's syndrome, and osteoarthritis, among others. Due to its chronic nature, FM often occurs highly comorbid with anxiety and depression, which can also worsen patient pain ratings. The optimal management of FM is comprised of both pharmacologic and nonpharmacologic approaches, including use of serotonin-norepinephrine reuptake inhibitors and/or cognitive-behavioral therapy.

In this Expert Review Supplement, Roland Staud, MD, reviews the clinical manifestations of FM and provides an overview of the pain mechanisms in FM, prevalence of the syndrome, and current thinking on deficiencies in pain centers involved in FM; Philip J. Mease, MD, reviews comorbidities that commonly occur with FM, assessment of FM, and well-studied drug therapies targeting symptoms of FM; and David A. Williams, PhD, provides a rationale for optimal care involving a combination of pharmacologic and non-pharmacologic interventions. Lastly, a case study related to the overall diagnosis and treatment of FM in a typical patient is presented and discussed.



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## Statement of Need and Purpose

Fibromyalgia (FM) is the most common chronic pain syndrome encountered in general medicine, estimated to affect 5 million American adults. FM involves multiple clinical domains, including pain, fatigue, sleep disturbances, depression, and cognitive impairment. Patients with FM report significant negative impact of the illness on social and occupational function and overall quality of life. Society bears a substantial disease burden associated with FM, not only in direct health care costs but also in productivity loss to employers. Much progress has been made in understanding FM, yet management of the condition continues to confound physicians and frustrate patients. The complex interactions between neurobiological, psychological, and functional/behavioral components of FM as well as the poor response of patients to conventional pain therapies have proven particularly challenging. Research has shown that a multimodal management program yields the most benefit to patients. To implement this multimodal treatment paradigm, physicians—including primary care physicians, neurologists, and psychiatrists—need clear direction regarding the diagnosis of FM, available pharmacologic and non-pharmacologic interventions, and clinical application.

## Learning Objectives

At the completion of this activity, participants should be better able to:

- Utilize the diagnostic criteria for fibromyalgia (FM) based on the current biochemical and neurophysiological understanding of its etiology
- Assess the clinical domains affected by FM and their impact on health-related quality of life
- Analyze the clinical evidence supporting the use of pharmacologic and non-pharmacologic intervention in the treatment of FM and the putative advantages of each agent
- Integrate available therapy options to develop evidence-based multidimensional treatment plans for patients with FM

## Target Audience

This activity is designed to meet the educational needs of neurologists.

## Faculty Affiliations and Disclosures

**Roland Staud, MD**, professor of medicine in the Division of Rheumatology and Clinical Immunology, McKnight Brain Institute, at the University of Florida in Gainesville. Dr. Staud is a consultant to Jazz and has received honoraria from Forest and Jazz.

**Philip J. Mease, MD**, is chief of Rheumatology Clinical Research at Swedish Medical Center, and clinical professor at the University of Washington School of Medicine, both in Seattle. Dr. Mease is a consultant to, an independent contractor for, and has received research support from Allergan, Boehringer-Ingelheim, Cypress, Eli Lilly, Forest, Jazz, Pfizer, and Wyeth; and is on the advisory board and has received honoraria from Cypress, Forest, Pfizer, and Wyeth. Dr. Mease discusses unapproved/experimental uses of gabapentin, tricyclic antidepressants, and analgesics for the treatment of fibromyalgia.

**David A. Williams, PhD**, is professor of anesthesiology and medicine (rheumatology), professor of psychiatry and psychology, and associate director of the Chronic Pain and Fatigue Research Center at the University of Michigan in Ann Arbor. Dr. Williams is a consultant to Eli Lilly, Forest, and Pfizer.

CME Course Director **James C.-Y. Chou, MD**, is associate professor of psychiatry at Mount Sinai School of Medicine. Dr. Chou has received honoraria from AstraZeneca, Bristol-Myers Squibb, Eli Lilly, GlaxoSmithKline, Janssen, and Pfizer.

**Stelian Serban, MD**, is assistant professor of anesthesiology and director of acute and chronic inpatient pain service in the Department of Anesthesiology at Mount Sinai School of Medicine in New York City. Dr. Serban reports no affiliation with or financial interest in any organization that may pose a conflict of interest.

## Activity Review Information

The activity content has been peer-reviewed and approved by Stelian Serban, MD.

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## To Receive Credit for this Activity

Read this Expert Review Supplement, reflect on the information presented, and complete the CME posttest and evaluation on pages 15 and 16. To obtain credit, you should score 70% or better. Early submission of this posttest is encouraged. Please submit this posttest by December 1, 2011 to be eligible for credit.

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## Fibromyalgia FACTS Web Initiative

This Expert Review Supplement is the first stage of the Fibromyalgia FACTS Initiative. In January, look for a link to the Fibromyalgia FACTS Web site at [www.cnsspectrums.com](http://www.cnsspectrums.com) to find new CME-certified case study presentations, an Ask-the-Experts forum where you can submit your questions to the faculty, and a list of helpful resources.

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