



# What Is Fibromyalgia?

by NEWLIFEOUTLOOK TEAM

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## The Age-Old Question: What Is Fibromyalgia?

More than 5 million Americans are affected by fibromyalgia. But what is fibromyalgia and how can you manage its related symptoms?

With a chronic disease, usually the question is what drug will work best. Most diseases don't have just one stop pill for a quick fix, though, and fibromyalgia's not an exception.

In addition to your medication, have a place where you can relax, since reducing your stress can also reduce your pain. Create a schedule and stick to it for exercising and sleeping.

It is easy to stop exercise if you just plan to walk for 30 minutes every day. If you have a goal to achieve each week, you'll have something to work towards. May each week you set a goal to go an extra mile. Having multiple means of helping your symptoms will improve your quality of life.

From  
Fibro Center

# NAVIGATING FIBROMYALGIA

Fibromyalgia is one of the most common chronic pain conditions in the U.S. <sup>1,2</sup>

## PREVALENCE/CAUSES:

More than 5 million Americans affected <sup>1,3,4</sup>

First step to relieve are 8 times more likely to have Fibromyalgia <sup>1,3</sup>  
The most cases is chronic, possibly Fibromyalgia causes include: <sup>1,5</sup>



## SURVEY RESULTS:

2011 survey showed devastating impact of Fibromyalgia and other chronic pain conditions on patient life decisions and everyday activities  
• 60.4% diagnosed with Fibromyalgia by a medical professional  
• 40% living with chronic pain without a diagnosis



92% reported their pain condition has had a significant impact on their major life decisions



Nearly all (98%) have implemented some type of adaptation to their daily routine  
Three quarters have made three or more daily adaptations



Survey was funded by Pfizer Inc and conducted in collaboration with the National Fibromyalgia Association and American Pain Foundation <sup>6</sup>

## ROAD TO DIAGNOSIS:

"My husband likes to hold my hand and there are times I will say to him, 'don't hold my hand' because it's just uncomfortable."  
Bethany, Fibromyalgia patient, diagnosed in 2004

### Symptoms <sup>6,8,9,10</sup>

Chronic, widespread pain, muscle pain, tenderness, joint pain, stiffness, fatigue, cognitive dysfunction (Fibro Fog), insomnia, flu-like feeling

In a survey of 688 people with Fibromyalgia symptoms (88% diagnosed with Fibromyalgia by a healthcare professional, 12% undiagnosed):



Pfizer research data on file <sup>11</sup>

### Diagnosis <sup>11,12</sup>

• Chronic widespread pain lasting 3 months in 11 of 18 tender points  
• Physician-administered questionnaire

Market research based on 52,888 surveyed patient-level records and presented with the national population indicates that:



Pfizer research data on file <sup>11</sup>

"Diagnosis was a huge source of relief as there was a name to the problem, but also sad and emotional because there was no cure."  
Bethany, Fibromyalgia patient, diagnosed in 2004

## MULTI-MODAL MANAGEMENT <sup>14</sup>



## FIBROMYALGIA VIDEO TIPS

The YouTube.com FibroCenter has many tips, including:

- Tips to help prevent sleep-jacking light
- Workplace strategies—such as taking time to relax
- Healthy living—avoiding being a martyr!

Click here to view videos

## EVOLUTION OF FIBROMYALGIA AWARENESS



FIBROMYALGIA AWARENESS DAY IS MAY 12

For information and resources on Fibromyalgia visit FIBROCENTER.COM

Information available at FibroCenter.com  
\*These findings were generated and funded by Pfizer Inc.