

NE Minute Medical School.com: Fibromyalgia
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Fibro + myo + algia → "widespread pain for 3 months with no other cause"
Connective muscle tissue pain

Symptoms in 3 domains:

Epidemiology:

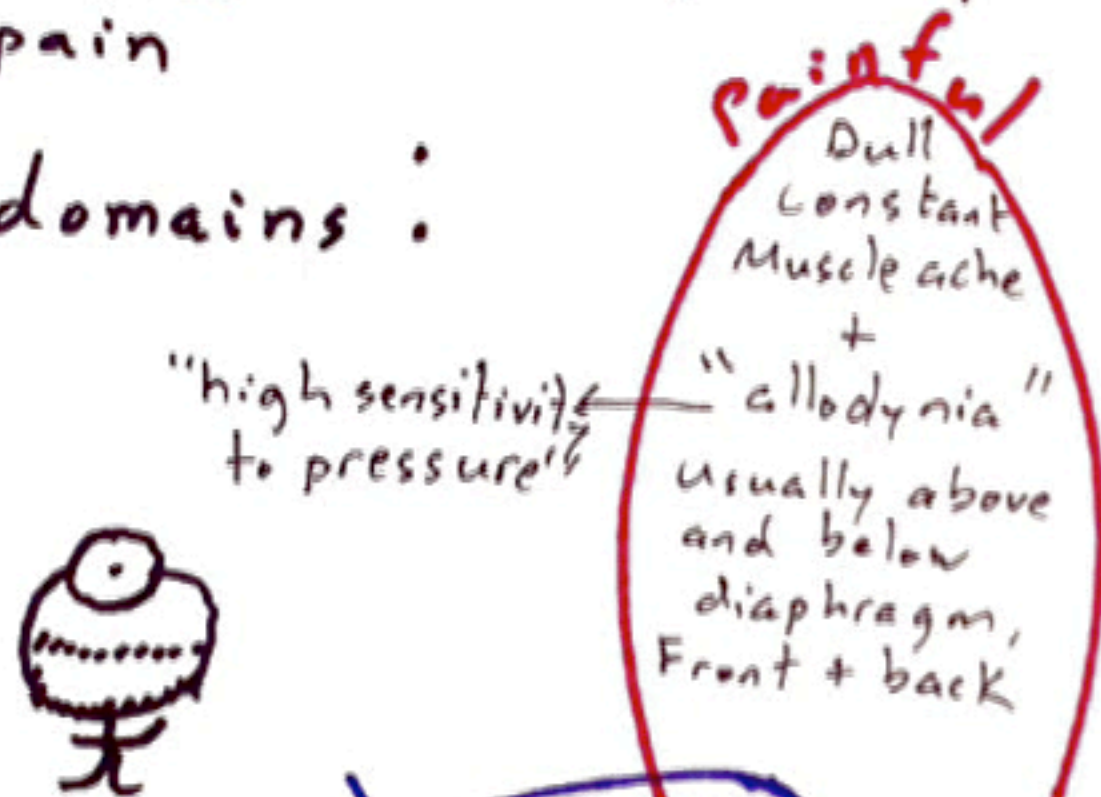
2% of population

♀ : ♂ ratio

9:1 unknown why

Practical tips

- Body feels damaged, but isn't ∴ activity is OK
- Swimming often most tolerable



Causal Hypothesis:

- ↑ pain signal processing in the brain. Evidence:
 - ↑ substance P (pain neurotransmitter) in spinal fluid
 - ↑ glucose uptake in Insula, brain region which processes pain

Treatments: AAA

- Analgesics: NSAIDs, opioids
- Antidepressants: SNRI, TCA
- Anticonvulsants: Lyrica

Investigational:

- Naltrexone
- Cannabinoids