

# Fibromyalgia

**Fibromyalgia** is a chronic, non-inflammatory musculoskeletal syndrome (one of the manifestations of extra-articular rheumatism) characterized by area pain with stiffness + pressure-sensitive points that has no apparent cause in synovitis and / or myositis.

- **Primary x secondary** (usually associated with RA , SLE , spondyloarthropathy, etc.).
- **prevalence** 3–10% with a significant predominance of women, hl. aged 40-70 years.
- cause unknown.

## Clinical Picture

- Area musculoskeletal pain + stiffness in various parts of the body unrelated to the joints; maximum problems in the morning + evening, especially after workload,
- feeling tired and exhausted,
- sleep disorders , memory ,
- irritable bowel syndrome ,
- headache
- similar manifestations as in Raynaud's phenomenon .

## Diagnostics

The American College of Rheumatology (ACR) determined the duration of pain as longer than 3 months, the location of pain above and below the waist, and the axial nature of the pain ( neck , anterior chest, thoracic and lumbar spine) as diagnostic. Another diagnostic criterion is positivity (pressure pain) of at least 11 out of 18 defined pair points: suboccipitalis attachment , in the cervical spine area in the plane of inter transverse spaces in front, middle part of the upper edge of the trapezius muscle , medial edge of the supraspinatus muscle above the scapula ridge, second rib at the skeletal junction - laterally at the upper edge of the junction, lateral epicondyl elbow - distal to the epicondyls, large trochanter behind the apex of the prominence distally, gluteal point in the upper outer quadrant, medial part of the knee - proximal to the cleft, in the fat pad.

## Differential diagnostics

- Overlapping fibromyalgia with other diseases (chronic fatigue syndrome),
- pretending / concealing.

## Therapy

- Gain the patient's trust (get rid of the fear of serious illness),
- anxiety + sleep disorders → TCA (amitriptyline),
- pain relief → NSAIDs , paracetamol (also in the form of gels / ointments),
- RHB , exercise.

## Prognosis

- The possibility of a permanent cure unlikely x can significantly affect the quality of life of a patient with fibromyalgia.

## Links

### Related articles

- Back pain, root syndromes of the lower limbs / PGS

### External Links

- Fibromyalgie (czech wikipedia)

## References

- - CHILD, P., et al. *Internal Medicine*. 2nd edition. Prague: Galén, 2007. ISBN 978-80-7262-496-6 .
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