

Contents

Part I Background

Introduction	3
Summary	7
References	7
Fibromyalgia Definition and Epidemiology	9
Defining Fibromyalgia	10
Epidemiology of Fibromyalgia	12
Co-morbid Conditions	13
Fibromyalgia Burden	17
Summary	19
References	20
Pathophysiology of Fibromyalgia	23
Nerve Abnormalities	24
Structural Changes	24
Functional Changes	26
Neurotransmitters	28
Musculoskeletal Abnormalities	28
Muscle Dysfunction	28
Cervical Spine Abnormalities	30
Hormonal Factors	30
Growth Hormone	30
Thyroid Function	31
Neuroendocrine Abnormalities	32
Inflammatory Markers	32
Genetics	33
Free Radicals and Antioxidants	34
Trauma	35
Predictive Factors	35
Summary	36
References	37

Assessment and Diagnosis	41
Assessment of Fibromyalgia	42
Pain Assessment	43
Assessment of Treatable Co-morbid Symptoms	45
Diagnosis of Fibromyalgia	48
Summary	50
References	50
Part II Common Co-morbidities and Fibromyalgia	
Headache	55
Pathophysiology of Headache and Fibromyalgia	56
Evaluation and Diagnosis	58
Migraine	61
Treatment	63
Acute Treatment for Migraine and Tension-Type Headache	65
Prevention Treatment for Frequent Migraine or Tension-Type Headache	67
Injections and Alternative Treatments	68
Cluster Headache Treatment	70
Summary	70
References	71
Chronic Fatigue Syndrome	75
Defining Chronic Fatigue Syndrome	76
Epidemiology of Chronic Fatigue Syndrome	78
Co-morbidity	78
Pathophysiology of Chronic Fatigue Syndrome	79
Role of Immune Deficiency in Chronic Fatigue Syndrome	81
Assessment of Chronic Fatigue Syndrome	82
Treatment of Chronic Fatigue Syndrome	83
Summary	86
References	87
Irritable Bowel Syndrome	89
Irritable Bowel Syndrome (IBS)	92
Definition and Epidemiology	92
Evaluation and Diagnosis	93
Treatment	95
Summary	98
References	98
Sleep Disturbance	101
Consequences of Sleep Disturbance	103
Cardiovascular Disease	104
Obesity	104
Diabetes	105
Pain Sensitivity	105

Sleep Disturbance in Fibromyalgia	106
Measuring Sleep Dysfunction in Fibromyalgia Patients	107
Treating Sleep Disturbance in Fibromyalgia	108
Medication	109
Behavioral Interventions	110
Sleep Hygiene Measures	110
Cognitive-Behavioral Therapy	111
Natural Remedies	111
Summary	112
References	112
Depression and Anxiety	115
Epidemiology	116
Evaluation and Diagnosis of Co-morbid Mood Disorders	118
Self-Efficacy and Locus of Control	119
Treatment	121
Summary	122
References	122
Obesity and Metabolic Syndrome	123
Obesity	123
Obesity in Fibromyalgia	125
Consequences of Obesity	125
Treatment of Obesity	126
Metabolic Syndrome	128
Metabolic Syndrome in Fibromyalgia	130
Treatment of Metabolic Syndrome	130
Summary	131
References	131
Part III Treatment	
Published Recommendations	135
Ottawa Panel Evidence-Based Exercise Guidelines	136
European League Against Rheumatism (EULAR)	137
German Interdisciplinary Association of Pain Therapy	139
Limitations of Current Guidelines	139
Summary	140
References	140
Medication Treatments	143
Effective Medications	145
Antidepressants	145
Antiepileptics	149
Sleep Therapy	150
Moderate Efficacy Medications	151

- Minimal Efficacy Medications 152
- General Fibromyalgia Medication Recommendations 152
- Emerging Therapies 153
- Summary 155
- References 155
- Non-medication Treatments 159**
- Physical Treatments 161
 - Exercise 161
 - Hydrotherapy 162
 - Manual Therapy 164
 - Yoga 164
 - Work Simplification and Pacing 164
 - Acupuncture 165
- Psychological Treatments 165
 - Cognitive-Behavioral Therapy and Operant-Behavioral Therapy 166
- Lifestyle Modifications 167
 - Smoking Cessation 167
 - Sleep Hygiene 170
 - Weight Management 171
- Developing a Treatment Program 171
- Summary 172
- References 173
- Nutritional Supplements 175**
- Intravenous Nutrient Therapy 177
- Chlorella Pyrenoidosa 177
- Methionine 179
- Melatonin 180
- Vitamins 181
 - Vitamin C 181
 - Vitamin D 181
- Minerals 182
- Coenzyme Q10 182
- Carnitine 184
- Omega-3 Fatty Acids 184
- Summary 184
- References 185
- Clinical Handouts 187**
- Charting Assessment and Treatment Documentation Forms 187
 - Charting Documentation Form 1: Fibromyalgia Tender Point Examination 188
 - Charting Documentation Form 2: Fibromyalgia Patient Assessment Recording Sheet 189

Charting Documentation Form 3: Revised Fibromyalgia Impact Questionnaire [FIQR] 190

Charting Documentation Form 4: Screening for Psychological Distress . 191

Charting Documentation Form 5: Screen for Locus of Control 192

Patient Educational Handouts 194

 Patient Handout 1: Understanding Fibromyalgia 195

 Patient Handout 2: Whole Body Stretches for Fibromyalgia 197

 Patient Handout 3: Exercise for Fibromyalgia 203

 Patient Handout 4: Pain Management Techniques 205

 Patient Handout 5: Relaxation Techniques 207

 Patient Handout 6: Sleep Management for Fibromyalgia Patients 208

 Patient Handout 7: Nutritional Supplements for Fibromyalgia 210

References 211

Part IV Special Populations

Fibromyalgia and Pregnancy 215

Epidemiology of Fibromyalgia During Pregnancy 216

 Fibromyalgia and Pregnancy 216

 Fibromyalgia Post-partum 218

 Fibromyalgia and Breastfeeding 218

Treating Fibromyalgia Throughout Pregnancy 218

 Pre-conception Planning 219

 Pregnancy 221

 Modifying Non-medication Treatments During Pregnancy 221

 Safety Rating Systems 223

 Analgesics 225

 Antidepressants 226

 Antiepileptics 227

 Sodium Oxybate 227

 Anti-emetics 228

Labor and Delivery 228

Safety Determinations with Breastfeeding 229

 Analgesics 229

 Antidepressants 230

 Sodium Oxybate 230

 Antiepileptics 230

Planning for Nursing Success 231

Summary 232

References 232

Fibromyalgia in Seniors 237

Fibromyalgia Assessment 239

Fibromyalgia Treatment in Seniors 241

 Non-medication Therapy 242

 Medications 244

Summary	246
References	247
Gender and Ethnic Issues	249
Gender Differences in Fibromyalgia Symptoms and Treatment Response . .	250
Fibromyalgia Symptoms	251
Consultation	252
Treatment Response	253
Ethnic Differences in Fibromyalgia Symptoms and Treatment Response . .	254
Fibromyalgia Prevalence	255
Treatment Response	256
Summary	257
References	257
Index	259



<http://www.springer.com/978-1-4419-1608-2>

Fibromyalgia

A Practical Clinical Guide

Marcus, D.A.; Deodhar, A.

2011, XII, 200 p. 65 illus., Softcover

ISBN: 978-1-4419-1608-2