

Prevalence of Fibromyalgia Syndrome (FMS) Among Women

Dr Sumit Kumar Pensia¹, Dr Krishan Kumar Jakhar²

¹MS Orthopaedics, Junior Specialist Government Hospital Sri Ganganagar

²MS Orthopaedics, Senior Specialist Government Hospital Sri Ganganagar

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Corresponding author: Dr Krishan Kumar Jakhar

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Abstract

Background: To find out the incidence of fibromyalgia in orthopaedic female outpatient department in a medical college hospital

Methods: Cross-sectional study conducted on the female patients coming to orthopedic outpatient department.

Results: The result showed that about 41.00% patients diagnosed with fibromyalgia syndrome (FMS). The age group that is majorly affected by fibromyalgia is between 40-60 years of age.

Conclusion: We concluded that the most common diagnosis made in an orthopaedic female outpatient department is fibromyalgia

Keywords: Fibromyalgia, Orthopaedics, Women.

Introduction

Fibromyalgia syndrome (FMS) is a condition without a known cause or cure. Differing theories place the blame on abnormal sensitivity to pain receptors in the brain, changes in metabolism and hormones, abnormalities in the autonomic nervous system, sleep disturbances, infection, or injury. A diagnosis of FMS, therefore, is based on a set of symptoms. These include pain in muscles, ligaments, and tendons; fatigue; and multiple tender points on the body, where even slight pressure causes pain.¹ Although there is no cure, FMS can be treated to reduce the severity or presence of symptoms. One of the most reliable ways to do this is through progressive exercise, which involves starting at low levels of exercise and building up to longer and more strenuous levels. Despite the benefit of exercise, FSM sufferers often drop out of supervised exercise programs or discontinue exercise once they are no longer supervised. Some FMS patients may

have a fear-based avoidance of exercise, believing it will provoke pain or deterioration of their condition and experiencing significant negative emotional arousal when they exercise.²

Methods

Type of study- Cross-sectional study

Inclusion criteria-

The female patients coming to orthopedic outpatient department

Exclusion criteria

The pediatric female, fresh fracture cases, post-operative follow up cases.

The assessment of fibromyalgia is based on the criteria for the classification of fibromyalgia by the American College of Rheumatology, (ACR) 1990.5-7

The criterion involves, history of widespread pain has been present for at least three months. Pain in both sides of the body pain above and below the waist. Pain is considered widespread when all of the following are present, pain in 11 of 18 tender point sites on digital palpation (both side of the body): occiput (2), low cervical (2), trapezius (2), supraspinatus (2), second rib (2),

lateral epicondyle (2), gluteal (2), greater trochanter (2), knee (2). A tender point hurts only at the area where pressure (enough to cause the examiner's nail bed to blanch, or about 4 kg) is applied, and there is no referred pain.

Results

Table 1: Prevalence of fibromyalgia (n=1000)

Prevalence of fibromyalgia	410/1000=41.000%
Mean age of patients with fibromyalgia	50.32±6.02 Yrs
Married : Unmarried	842 : 158

The result showed that about 41.00% patients diagnosed with fibromyalgia syndrome (FMS). The age group that is majorly affected by fibromyalgia is between 40-60 years of age. Married women accounts to the major group of 84.2%

Discussion

Fibromyalgia is the most common chronic widespread pain condition, it is often under diagnosed. The diagnosis of fibromyalgia has been shown to increase patient satisfaction and reduce healthcare utilisation.

In 1904, Gowers coined the term “fibrositis” which was used until the seventies and eighties of the last century when an aetiology involving the central nervous system was discovered.³

In 1950 Graham introduced the modern concept of fibromyalgia as “pain syndrome” in the absence of a specific organic disease. Smythe and Moldofsky in mid-1970’s coined “fibromyalgia” and identified the tender points. However, it is still a poorly understood condition that is difficult to diagnose. Different hypotheses on the aetiology of fibromyalgia have been suggested. It has also been argued that fibromyalgia is too heterogeneous a condition to consider only one single aetiology, and it has been questioned

whether it is a disease entity or one end of a continuous spectrum of pain.⁴⁻⁵

The result of this study indicates high prevalence of fibromyalgia about 41.00%. From the interpretation of all the data collected, married unskilled women between the ages of 40-60 years are the ones with highest incidence. The advantage of my study is large study group. The disadvantage is that the study group population is confined to patients coming to single institute and not that of generalised population. Majority of patients visiting the study institute are south Indian population. Since it is medical college outpatient department, medicines are given at a subsidised cost to the patient. Most of the patients coming for diabetic, hypertension and other illness tend to come to orthopaedic outpatient department for analgesics. Hence there is a little risk of malingering which may affect the result.⁶

Conclusion

We concluded that the most common diagnosis made in an orthopaedic female outpatient department is fibromyalgia.

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