

Prevalence of Fibromyalgia Syndrome (FMS) Among Women

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Abstract

Background: The aim of the study is to find the incidence of fibromyalgia in orthopaedic female outpatient department.

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

Results: The result showed that about 43.00% patients diagnosed with fibromyalgia syndrome (FMS). The age group that is majorly affected by fibromyalgia is between 45-60 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 is a syndrome characterized by chronic widespread pain at multiple tender points, joint stiffness, and systemic symptoms (e.g., mood disorders, fatigue, cognitive dysfunction, and insomnia) without a well-defined underlying organic disease. Nevertheless, it can be associated with specific diseases such as rheumatic pathologies, psychiatric or neurological disorders, infections, and diabetes.¹

What today is defined as fibromyalgia had already been described in the nineteenth century. In 1904, Gowers coined the term “fibrositis” which was used until the seventies and eighties of the last century when an etiology involving the central nervous system was discovered. But it was Graham in 1950 who introduced the modern concept of fibromyalgia as “pain syndrome” in the absence of a specific organic disease. Then in the mid-1970s Smythe and Moldofsky coined the new term “fibromyalgia” and identified regions of extreme tenderness, the so-called “tender

points.” Only in 1990 did the American College of Rheumatology committee write up the widely used diagnostic criteria that have only recently been modified. The prevalence of fibromyalgia has been estimated to be around 1%-2% (3.4% for women and 0.5% for men). However, it is still a poorly understood condition that is difficult to diagnose.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.

Data analysis

Data was recorded as per Performa. The data analysis was computer based; SPSS-22 was used for analysis. For categoric variables chi-square test was used. For continuous variables independent samples's *t*-test was used. *P*-value <0.05 was considered as significant.

Results

Table 1: Prevalence of fibromyalgia (n=100)

Prevalence of fibromyalgia	42/100=42.000%
Mean age of patients with fibromyalgia	51.12±7.36 Yrs
Married : Unmarried	96 : 4

The result showed that about 42.00% patients diagnosed with fibromyalgia syndrome (FMS). The age group that is majorly affected by fibromyalgia is between 45-60 years of age.

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.⁴ Different hypotheses on the aetiology of fibromyalgia have been suggested.⁵⁻

⁷ 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.⁸⁻¹⁰

The result of this study indicates high prevalence of fibromyalgia about 42.00%. From the interpretation of all the data collected, married unskilled women between the ages of 45-60 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.

Conclusion

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

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