

---

# **EPIDEMIOLOGY**

A decorative blue watercolor splash is located in the bottom right corner of the slide, blending into the light blue background.

---

General

A decorative blue watercolor splash or brushstroke is located in the bottom right corner of the slide, extending from the right edge and slightly upwards.

# How common is central sensitization/ dysfunctional pain?

---

~40%

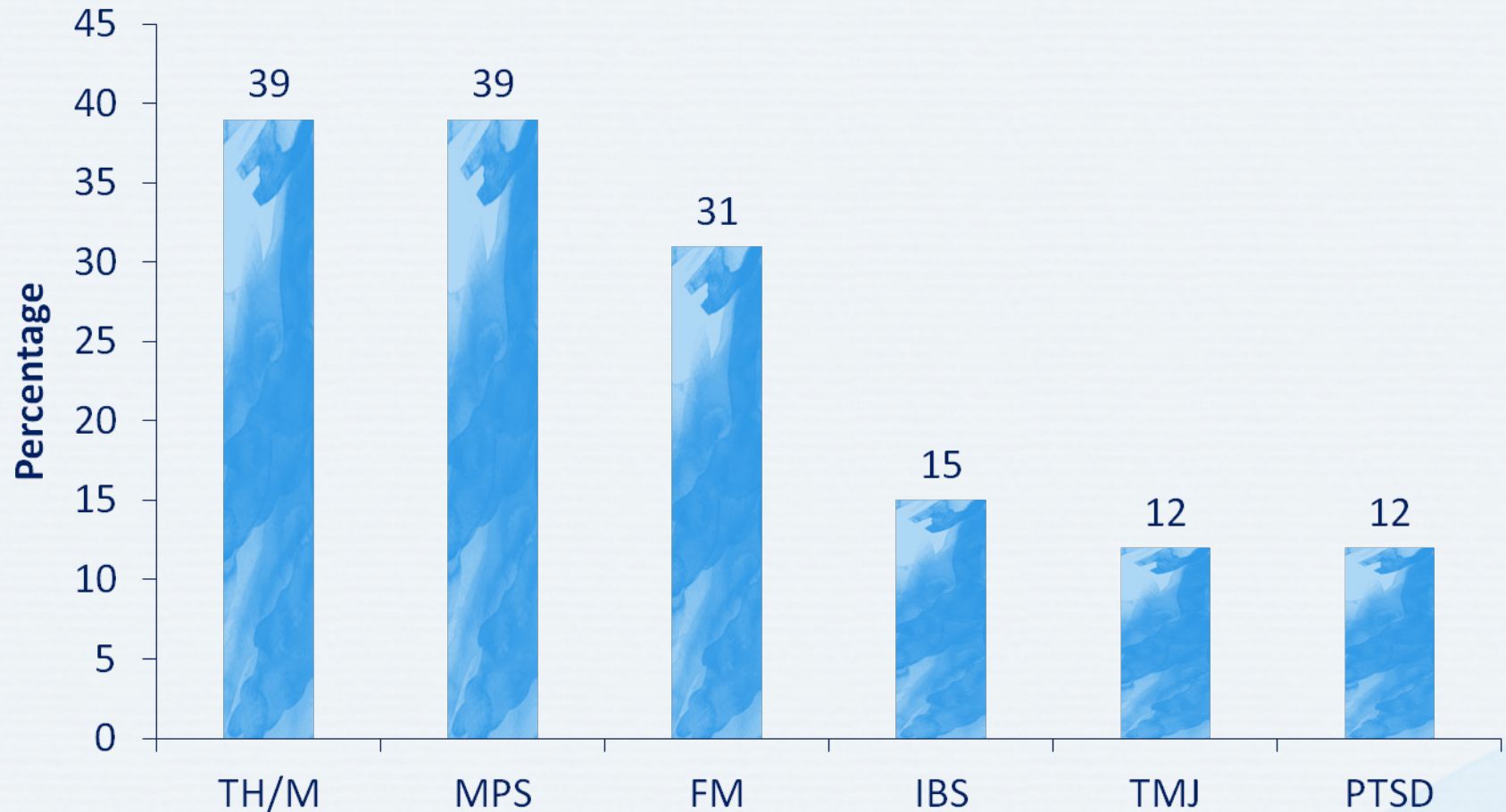
of adults suffer from  
*chronic pain*<sup>1</sup>



17–35%

of chronic pain patients suffer from  
*generalized hypersensitivity and  
conditioned pain modulation*<sup>2</sup>

# Common Diagnoses Among Patients Suffering from Central Sensitization/Dysfunctional Pain



**Note:** some patients had more than one diagnosis; less common diagnoses included restless leg syndrome (8%); chronic fatigue syndrome (4%) interstitial cystitis (4%), complex regional pain syndrome (2%) and multiple chemical sensitivity (1%)  
FM = fibromyalgia; IBS = irritable bowel syndrome; MPS = myofascial pain syndrome; PTSD = post-traumatic stress disorder;  
TH/M = tension headache/migraine; TMJ = temporomandibular joint disorder

# Epidemiology of Fibromyalgia

**Fibromyalgia is one of the most common central sensitization/dysfunctional conditions.<sup>1</sup>**

**Prevalence in USA is estimated to be 2–5% of the adult population.<sup>1</sup>**

**Fibromyalgia is highly underdiagnosed:<sup>2</sup>**

- Only 1 in 5 is diagnosed
- Diagnosis takes an average of 5 years<sup>3</sup>

**Fibromyalgia occurs in all ages, both sexes and all cultures but occurs more frequently in:<sup>4</sup>**

- Women
- Those between the ages of 35 and 60 years

**USA = United States of America**

1. Wolfe F *et al.* *Arthritis Rheum* 1995; 38(1):19-28; 2. Weir PT *et al.* *J Clin Rheumatol* 2006; 12(3):124-8;

3. National Pain Foundation. *Fibromyalgia: Facts and Statistics*. Available at: <http://nationalpainfoundation.org/articles/849/facts-and-statistics>.

Accessed: July 21, 2009; 4. White KP *et al.* *J Rheumatol* 1999; 26(7):1570-6.

# Prevalence of Fibromyalgia

---

- Affects an estimated 3–6% of the **world population**
- Occurs in **all ages, both genders** and **all cultures**
- Highest frequency in:
  - Women
    - 75–90% of people who have fibromyalgia are women
  - Older patients (aged 35–60 years)
- Often seen in families, among siblings or mothers and their children
- Diagnosis usually made between the ages of 20–50 years, but the incidence rises with age
  - Approximately 8% of adults aged 80 years meet ACR classification of fibromyalgia

## ACR = American College of Rheumatology

Cardiel M, Rojas-Serrano J. *Clin Exp Rheumatol* 2002; 20(5):617-24; Carmona L et al. *Ann Rheum Dis* 2001; 60(11):1040-5; Lawrence RC et al. *Arthritis Rheum* 1998; 41(5):778-99; Lindell L et al. *Scand J Prim Health Care* 2000; 18(3):149-53; National Fibromyalgia Association. *Prevalence*. Available at: [http://fmaware.org/PageServer?acc.html?pagename=fibromyalgia\\_affected](http://fmaware.org/PageServer?acc.html?pagename=fibromyalgia_affected). Accessed: June 11, 2013; Neumann L, Buskila D. *Curr Pain Headache Rep* 2003; 7(5):362-8; Prescott E et al. *Scand J Rheumatol* 1993; 22(5):233-7; White KP et al. *J Rheumatol* 1999; 26(7):1570-6; Wolfe F. *J Musculoskeletal Pain* 1993; 1(3-4):137-48; Wolfe F et al. *Arthritis Rheum* 1995; 38(1):19-28.

---

# Summary

A decorative blue watercolor splash is located in the bottom right corner of the slide, blending into the light blue background.



# Epidemiology of Fibromyalgia: Summary

---

- Up to 15% of adults may experience central sensitization/dysfunctional pain, with 2–6% of adults suffering from fibromyalgia
  - Fibromyalgia has a higher incidence in women and older individuals
    - There may be a genetic link to this disorder, as fibromyalgia is often seen in families
- 