EPIDEMIOLOGY
General
How common is central sensitization/dysfunctional pain?

~40% of adults suffer from *chronic pain*¹

17–35% of chronic pain patients suffer from *generalized hypersensitivity and conditioned pain modulation*²

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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.\(^1\)

Prevalence in USA is estimated to be 2–5% of the adult population.\(^1\)

Fibromyalgia is highly underdiagnosed:\(^2\)

- Only 1 in 5 is diagnosed
- Diagnosis takes an average of 5 years\(^3\)

Fibromyalgia occurs in all ages, both sexes and all cultures but occurs more frequently in:\(^4\)

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

USA = United States of America
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
Summary
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