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The Complexities of Fibromyalgia Pain: Identifying Contributing Factors

Topic: Pain

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BACKGROUND

Fibromyalgia, due to the pain it causes, significantly impairs the quality of life of affected individuals and leads to considerable economic costs. This study aimed to describe the characteristics of fibromyalgia pain and investigate its associated factors.

METHODS

We conducted a retrospective study at a pain management center in Tunisia, including patients treated for fibromyalgia over the past 10 years.

RESULTS

Our study included 110 patients, predominantly women (85%), with a mean age of 52 years. Pain was present in all patients and was characterized by high intensity, with a Visual Analog Scale (VAS) score of ≥ 7 in 65% of cases. In 50% of cases, the pain was neuropathic, and in 50%, it was nociceptive. Additionally, 80% of patients reported diffuse pain. Family history and the use of complex medical jargon during the disease announcement were significantly associated with greater symptom severity ($p = 0.04$ and $p = 0.05$, respectively). Conversely, treatments with anxiolytics, pregabalin, and thermal therapy were significantly associated with reduced pain intensity ($p = 0.03$, $p = 0.05$, and $p = 0.04$, respectively).

CONCLUSION

Our results highlight the importance of comprehensive and tailored pain management in fibromyalgia, from the initial diagnostic announcement to treatment, which should include both pharmacological and non-pharmacological dimensions.

Statement of Disclosures

None

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