

FIBROMYALGIA

The invisible illness



How I LOOK



How I FEEL

WHAT IS IT?

fibro

Fibrous tissue, ligaments, tendons

myo

Muscles

algia

Pain

Fibromyalgia is a form of chronic widespread pain associated with painful hypersensitivity and various disorders, including sleep and mood.

A major negative impact on the quality of life and on social and professional activities.

PREVALENCE IN FRANCE

1,6%
of the population

3/4
are women

Appearance of the first symptoms on average at

40/45 years old

SYMPTOMS

Common to almost all fibromyalgia:



Chronic Pain



Chronic fatigue



Sleep disorders



Cognitive disorders

Each patient then has their individual "menu" of **co-occurring symptoms** (over 100 have been listed!), the most common of which are:



Digestive and urinary disorders



Headaches



Anxiety



Situational depression



"Fibro fog" (confused mental state)

Other pathologies are often associated:

Rheumatoid Arthritis, Ankylosing Spondylitis, Sjögren syndrome, Ehlers Danlos Syndrome, Irritable Bowel Syndrome, Restless Legs Syndrome, and many more.

HOW DOES IT WORK?

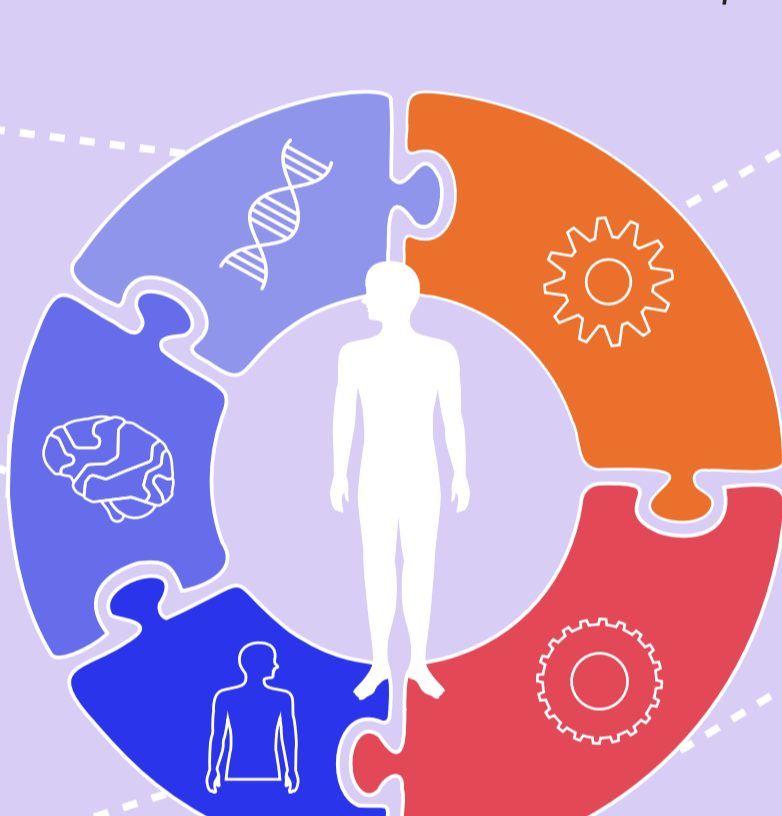
Triggering factors

2 mechanisms

Genetic predisposition

Psychological trauma

Physical trauma causing stress to the body



Exist separately or simultaneously:

Central mechanisms

⚙️ Alterations of the stress axis and the autonomic nervous system

⚙️ Dysfunctions of the nociceptive systems

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Peripheral mechanisms

⚙️ Muscle damage

⚙️ Inflammation?

⚙️ Damage to peripheral nerve fibers

IN DAILY LIFE : 3 main stages

STAGE 1

Daily life is partially affected

Moderate pain

Non-restorative sleep

Fatigue

Mood disorders

Others can belittle the state of the patient with fibromyalgia, sometimes resulting in withdrawal and isolation

STAGE 2

The pathology has fully set in chronically

Intense pain felt day and night

Cognitive disorders

Physical hypersensitivity

Reduced working time required

Fatigue increases

Physical activity decreases

A feeling of guilt sets in

STAGE 3

Total Disability

All symptoms are magnified

The patient can no longer get by on his or her own

It is almost impossible to have a social and family life

The patient feels fully disabled and isolated

DISEASE MANAGEMENT

Non-pharmacological therapy



Physical activity



Activities for muscular and mental relaxation

(yoga, qi gong...)



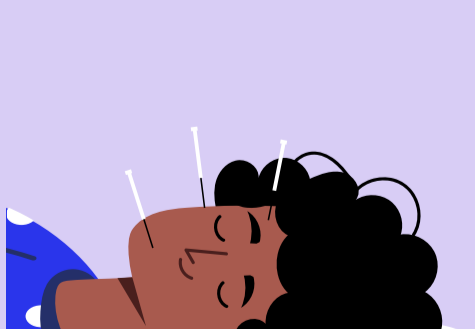
Psychological support

(CBT: Cognitive Behavioural Therapy)



Stress management

(sophrology, relaxation, coherent breathing, music therapy...)



Other therapies

(acupuncture, fasciotherapy, osteopathy, kinesiotherapy, balneotherapy, TENS...)



Hydrotherapy



Hypotoxic and anti-inflammatory diet



Dietary supplements

(magnesium, vitamins...)

Pharmacological therapy



It should only be used as a second-line treatment if non-pharmacological therapies have not been sufficiently effective.

Medications are tailored to each individual's specific symptoms, but should not be prescribed continuously, and they are never the one and only solution!