

INDEX

Note: page numbers in *italic* typeface indicate figures. Page numbers followed by a “t” indicate tables.

Abbreviations are for terms listed on pages 135-137.

- Acetaminophen/tramadol in fibromyalgia, 95, 96
- Acupuncture, 101t, 106-107
- Adverse events
 - pooled data: treatment-emergent adverse events reported by >5% of patients in the duloxetine group and twice the rate of placebo, 82, 87
 - in pooled trials with pregabalin, 78, 80–81
- Aerobic exercise guidelines in fibromyalgia, 100, 103t
- American College of Rheumatology diagnostic criteria for fibromyalgia, 13, 18-25, 19
- Amitriptyline, 84-85, 91t, 92
 - combination treatment of fibromyalgia with fluoxetine and amitriptyline, 89, 93
 - initial prescription for, 120
- Analgesic activity, alterations in descending, 57, 58t
- Analgesics used in fibromyalgia trials, 71t
- Antidepressants
 - used in fibromyalgia therapy, 121
 - used in fibromyalgia trials, 71t
- Antiepileptics used in fibromyalgia trials, 71t
- Anti-inflammatory medications, 92, 94t
- Anxiety disorders
 - co-occurrence with fibromyalgia, 41, 43t, 114
 - and duloxetine, 82
- Autonomic dysfunction, 63

- Balneotherapy (medicinal bathing), 101t, 106
- Bipolar disorder, 44
- Brain
 - accelerated gray matter loss in fibromyalgia, 59, 62–63
 - brain regional blood flow response to pain in fibromyalgia vs controls, 58, 59, 60–61
 - neuroimaging in fibromyalgia, 59, 61t
 - neurostimulation, transcranial direct current stimulation (tDCS), 101t, 106, 109
 - transcranial magnetic stimulation (rTMS), 109
- Brief Pain Inventory (BPI), 78, 79, 82

Cardiovascular exercise, 99, 100-103
 Carisoprodol used in fibromyalgia trials, 71t
 Central nervous system
 active medications used in fibromyalgia, Rationale for, 70t
 pain dysregulation, 53, 54t, 57-59, 58. See also *Pain*.
 Chemical sensitivity, multiple (MCS), 32, 36
 Chiropractic therapy, 107
 Chlorimipramine, 92
 Chronic fatigue
 in the general population, 32
 recommendations for the evaluation and classification of
 unexplained chronic fatigue, 33, 34, 35
 Chronic fatigue syndrome
 diagnostic criteria, 31, 33
 history of, 33
 Citalopram, 89, 92
 Clinical diagnosis of fibromyalgia, 17-30
 Cognitive behavior therapy
 and education in fibromyalgia, 106, 107
 goals and methods of, 104, 105t
 improvements with, vs standard care over 12 months, 105
 as treatment, 99, 100t, 101t, 104-106, 109t
 Cognitive problems in fibromyalgia, 22, 46t, 47, 47t
 Cyclobenzaprine used in fibromyalgia trials, 71t
 Cytokines, 63

 Depression, 32, 36, 44t
 comorbid with fibromyalgia, 41, 42, 43, 114
 and duloxetine, 82
 strategies to achieve improvement in comorbid major
 depression and fibromyalgia, 125t
 Dextromethorphan, 93, 94
 Disability, 131-132, 132t
 Dolorimeter, 20
 Duloxetine, 69
 $\geq 50\%$ improvement in average pain scores with duloxetine
 in 3- and 6-month treatment phases, 82, 88
 clinical trials in fibromyalgia, 79, 83t
 improvement in average pain severity with duloxetine, 79, 84
 improvement in function (FIQ) with duloxetine, 79, 85
 initial prescription for, 120
 pooled data: duloxetine efficacy in fibromyalgia patients
 with and without major depressive disorder, 82, 86

Duloxetine (*continued*)
 pooled data: treatment-emergent adverse events reported by
 >5% of patients in the duloxetine group and twice the
 rate of placebo, 82, 87

Education
 benefits of exercise enhanced by self-management
 education, 106, 108
 cognitive behavior therapy and education in fibromyalgia,
 106, 107
 disability avoidance, 131-132, 132t
 explaining the typical outcome in fibromyalgia, 118t
 patient and family education, 114-119, 116t
 spontaneous remission of fibromyalgia, 119, 131
 structuring group fibromyalgia education, 116t
 web sites with fibromyalgia information, 118
 Electrotherapy, 107
 EMG biofeedback, 101t, 106
 Epstein-Barr virus, 33
 Etiologic links, possible, between mood disorders and
 fibromyalgia, 51t
 European Union League Against Rheumatism (EULAR)
 conclusions regarding nonmedicinal therapy, 109, 109t
 recommendations for management of fibromyalgia, 126t
 Exercise
 aerobic exercise guidelines for fibromyalgia patients, 100,
 102, 103, 103t
 aerobic exercise vs untreated controls: mean differences,
 100, 102, 106, 107
 benefits of exercise enhanced by self-management
 education, 106, 108
 benefits of exercise to the fibromyalgia patient, 99-112
 cardiovascular exercise, 99, 100-103
 exercise rationale in fibromyalgia, 99, 101t
 improvements with aerobic exercise vs
 nonexercise controls, 102
 prescription for, 103-104
 strengthening exercise vs controls: mean difference, 100, 103
 water exercise, water aerobics, deep water walking, 100, 117

 Fibromyalgia
 accurate diagnosis and symptom assessment, 113-115
 analgesic activity, alterations in descending, 57, 58t
 association with mood, cognitive, and
 sleep disturbances, 41-52

Fibromyalgia (*continued*)

central nervous system active medications, rationale for the use of in fibromyalgia, 70t

cognitive problems in, 46t

comprehensive management plan, 113-128

concurrent illnesses, medically unexplained, 31-40, 32t

controversies in the management of, 129-134

co-occurrence with anxiety and mood disorders, 43t

definitions, causes, and prevalence of, 9-16, 10t, 11t

diagnosis of, 17-30

- American College of Rheumatology diagnostic criteria, 19
- common descriptions of symptoms by patients, 17-18t
- diagnostic questions to ask patients, 17
- diagnostic work-up, 26
- differential diagnosis of, 25-28, 27t
- fibromyalgia: a constellation of symptoms, 25
- fibromyalgia diagnosis improves patient satisfaction, 119
- fibromyalgia symptom evaluation, 24
- impact on National Health Service resources and expenses (in British pounds) of making a diagnosis of fibromyalgia syndrome, 119, 121, 122-123
- laboratory evaluation, 28t
- positive impact of fibromyalgia diagnosis in clinical practice, 119, 120
- routine tests for, 27, 28t
- Structured Interview, 22, 24t
- the tender-point examination, 20-21

and disability, 131-132

efficacy of various medications in

- initial fibromyalgia trials, 84, 92

EULAR recommendations for management of, 126t

evidence-based management of, 125t

explaining the typical outcome in, 118t

functional disorders that often overlap with, 36t

genetic predisposition for, 53-57, 56t

historical perspective, 11-13

initial description of, 12

initial treatment of, 113, 114, 120, 124

is fibromyalgia a medical or psychiatric illness?, 41, 129, 130t

medically unexplained illnesses concurrent with, 32t

medication choices and individualizing therapy, 120-127

medicines used in fibromyalgia trials, 71t

and mood disorders, 43t

mood disorders and fibromyalgia: possible etiologic links, 51t

Fibromyalgia (*continued*)

neuroimaging in, 59, 61t

nonpharmacologic management of, 99-112

outcome and disability in, 131, 132t

pathophysiologic pathways, 53, 54t

patient descriptions of, 18t

possible onset triggers, 57

spontaneous remission, 119, 131

subgroups of fibromyalgia patients, identifying may help individualize treatment of, 126, 127t

symptoms of, 17-25

when to think of fibromyalgia, 11t

who gets fibromyalgia?, 10t

who should treat fibromyalgia?, 130-131, 130t

Fibromyalgia Impact Questionnaire (FIQ), 24, 71, 78, 79, 85, 94t, 108

Fibromyalgia syndrome, multidisciplinary treatment of, 117, 117t, 123

Fluoxetine, 89, 92, 93

Fluvoxamine, 89

Gabapentin, 69, 72

- 30% reduction on average pain severity score with gabapentin, 78-79, 82
- used in fibromyalgia trials, 71t

Gamma hydroxybutyrate/sodium oxybate (sodium salt of GHB), 94t

Genetics of fibromyalgia, 54, 56, 56t

Glutamate, higher levels associated with increased fibromyalgia pain, 59, 62, 63, 70, 72

Gowers, Sir William, 12

Growth hormone (GH), 95

Headaches, 37, 42

Hypnotherapy, 101t, 106

Hypothalamic-pituitary-adrenal (HPA) axis, 59, 61, 63, 64, 65

Illnesses, medically unexplained, concurrent with

- fibromyalgia, 31-40, 32t

Interstitial cystitis, 37

Irritable bowel syndrome (IBS), 36, 42

Kahlo, Frida, self portrait of, 1916, 13, 14

Ketamine, 93, 94

Magnetic resonance spectroscopy, 53, 55
Manningham, Sir Richard, 11, 33
Maprotiline, 92
Massage therapy, 107, 109
Medications
 antidepressants used in fibromyalgia trials, 71t
 anti-inflammatory medications, 92, 94t
 central nervous system active medications, rationale for
 the use of in fibromyalgia, 70t
 chlorimipramine, 92
 combination treatment
 after initial therapy, 121
 with fluoxetine and amitriptyline, 89, 93
 duloxetine: clinical trials in fibromyalgia, 79, 83t
 efficacy of various medications in initial fibromyalgia trials,
 84, 92
 fluvoxamine, 89
 further medication and nonpharmacologic treatment of
 fibromyalgia: often with specialists' input, 121, 124
 initial medication and nonpharmacologic treatment of
 fibromyalgia, 120, 124
 initial pregabalin in fibromyalgia study design, 70, 73
 maprotiline, 92
 medication choices and individualizing therapy, 120-127
 medicines used in fibromyalgia trials, 71t
 milnacipran, 79, 83-84, 89, 90
 nonbenzodiazepine sedatives, 89, 94t
 NSAIDs used in fibromyalgia trials, 71t
 pregabalin and gabapentin, 70, 72
 sedatives and hypnotics, 89, 94t
 SSRIs used in fibromyalgia trials, 71t, 93
 tramadol/acetaminophen, 95, 96
 tricyclics, 84, 85, 91t
 venlafaxine: clinical trials in fibromyalgia, 79, 83t
Meditation, relaxation, and stress management techniques, 107
Mental problems
 bipolar disorder, 44
 comorbid with fibromyalgia, 44, 44
 is fibromyalgia a medical or psychiatric illness?, 129, 130t
 psychiatric disorders in fibromyalgia patients, nonpatients,
 and controls, 41, 44
 psychiatric disorders in patients with regional and
 widespread pain, 45t
Methocarbamol used in fibromyalgia trials, 71t

Milnacipran, 79
 efficacy of milnacipran in initial fibromyalgia randomized
 clinical trial, 83, 89
 mean change in pain with milnacipran, 83-84, 90
Mood disorders
 associated with fibromyalgia, 41, 42, 43t, 44t, 51t
 and conditions comorbid with fibromyalgia, 31
 evaluation and management of, need for, 114
 and fibromyalgia, 43t, 44t
 lifetime prevalence of, in relatives of 78 probands with
 fibromyalgia and 40 probands with rheumatoid arthritis, 44t
 overlap of mood disorders and functional illness of
 population (%), 41, 42
 possible etiologic links between mood disorders and
 fibromyalgia, 51t
Multiple chemical sensitivity (MCS), 32, 36
Muscle
 muscle relaxants used in fibromyalgia trials, 71t
Muscle relaxants used in fibromyalgia trials, 71t
Muscles
 arousal disturbances with disruption of slow-wave (deep)
 sleep caused muscular pain and fatigue and increased
 sensitivity to pain, 48-50
 no evidence of abnormal muscle metabolism in NMR
 spectroscopy in fibromyalgia vs controls, 53, 55
Myofascial pain vs fibromyalgia, 37t

Neuroendocrine factors, interactions of, on pain, 66
Neuroendocrine studies in fibromyalgia, 59, 64
Neuroendocrine system and stress, 59-65, 66
Neuroimaging in fibromyalgia, 59, 61t
Neurostimulation of the brain, transcranial direct current
 stimulation (tDCS), 101t, 106, 109
N-methyl-D-aspartate (NMDA) receptor, 57
Nonbenzodiazepine sedatives, 89, 94t
Nonmedicinal therapy of fibromyalgia: EULAR conclusions
 regarding, 109t
Nonpharmacologic approach to fibromyalgia treatment, 100t
Nonpharmacologic management of fibromyalgia, 99-112
Nonpharmacologic strategies: evidence of efficacy, 101t
NSAIDs used in fibromyalgia trials, 71t

Opioids, opiates, 95

Pain. See also *Central nervous system: pain dysregulation*.
≥50% improvement in average pain scores with duloxetine
in 3- and 6-month treatment phases, 82, 88
30% reduction on average pain severity score with
gabapentin, 78, 82
arousal disturbances with disruption of slow-wave (deep)
sleep caused muscular pain, fatigue, and increased
sensitivity to pain, 48–50
brain regional blood flow response to pain in fibromyalgia vs
controls, 59, 60–61
Brief Pain Inventory (BPI), 78, 79, 82
catechol-*O*-methyltransferase (COMT) genotype, 54, 56, 56t
chronic widespread pain (CWP), 45, 45t, 65
higher glutamate levels associated with increased
fibromyalgia pain, 59, 62, 63
improvement in average pain severity with duloxetine, 79, 84
improvement with pregabalin in fibromyalgia, 71, 76
mean change in pain with milnacipran, 84, 90
mean pain scores: pregabalin in fibromyalgia, 75
neuroendocrine factors, interactions of, on pain, 66
N-methyl-D-aspartate (NMDA) receptor, 57
odds of developing chronic widespread pain based on HPA
function, 63, 65
pain augmentation: wind-up, 57, 58
pain augmentation disorder, 53, 54t
pain diagram from a patient with fibromyalgia, 22, 23
Patient Global Impression of Improvement (PGI-I), 79, 82
regional and widespread, and psychiatric disorders, 45t
Short-Form McGill Pain Questionnaire (SF-MPQ), 70
TMJD incidence rates for COMT haplotypes and
experimental pain groups, 54, 56
wind up, 57, 58
Parasympathetic activity, 65
Paroxetine, 89, 93
Pathophysiology, 53-68
Patient Global Impression of Change (PGIC), 71, 77, 78
Patient Global Impression of Improvement (PGI-I), 79, 82
Patient subgroups, identification of, 126, 127t
Polymyalgia rheumatica (PMR), 25, 26
Pramipexole used in fibromyalgia trials, 71t, 94t
Prednisone, 94t
Pregabalin, 68-78, 80–81
adverse events in pooled trials with pregabalin, 78, 80–81
Demographic and Baseline Characteristics in
First Pregabalin Trial, 74t

Pregabalin (*continued*)
in fibromyalgia: patient global impression of change, 75
and gabapentin, 70, 72
initial pregabalin in fibromyalgia study design, 70, 73
initial prescription for, 120
mean pain scores: pregabalin in fibromyalgia, 75
pain improvement with pregabalin in fibromyalgia, 71, 76
percentage improvement with various doses of pregabalin in
fibromyalgia, 71, 76
time to loss of therapeutic response to pregabalin vs
placebo, 77
two studies used to establish FDA approval, 70-78
used in fibromyalgia trials, 71t
Psychiatric disorders in patients with regional and
widespread pain, 45t

Qigong, 107

Questionnaire: Short-Form McGill Pain Questionnaire
(SF-MPQ), 70

Questions to ask patients, diagnostic, 17

Remission, spontaneous, of fibromyalgia, 119, 131

Rheumatologists as consultants, 130t, 131

Rome I and Rome II criteria, 36

S-adenosylmethionine, 92

Sedatives and hypnotics in fibromyalgia, 71t, 89, 94t

Short-Form McGill Pain Questionnaire (SF-MPQ), 70

Sjögren's syndrome, 10, 22, 25, 26, 27

Sleep

arousal disturbances with disruption of slow-wave (deep)
sleep caused muscular pain and fatigue and increased
sensitivity to pain, 47, 48–50

referral of patient to a sleep laboratory, 114

SNRIs used in fibromyalgia trials, 71t

Sodium oxybate used in fibromyalgia trials, 71t

Somatization disorder, 45, 45t, 46, 131

Specialists, referral of patients to, 121, 123

SSRIs used in fibromyalgia trials, 71t, 85, 89, 93

Stockman, Ralph, 12

Stress

chronic, 51, 51t

and the neuroendocrine system, 59-65, 66

Stress management techniques, meditation, and relaxation, 107

Substance P, 70, 72

Sympathetic hyperactivity, 65

Symptom

evaluation of fibromyalgia symptoms, 22, 24

fibromyalgia: a constellation of symptoms, 21, 22, 25, 25

Tai chi, 107

Task switching and rule complexity, effects of, in

fibromyalgia vs healthy controls, 47

TCAs used in fibromyalgia trials, 71t

Tender points, 13, 18-25

distinguished from trigger points, 37

the tender-point examination, 19, 20-21

Tizanidine used in fibromyalgia trials, 71t

TMJ syndrome, also called TMD or TMJD, 22, 36t, 38

TMJD incidence rates for COMT haplotypes and

experimental pain groups, 54, 56

Tramadol, 71t, 93, 94, 121

Tramadol/acetaminophen in fibromyalgia, 94-95, 96

Trauma: relationship of trauma onset of fibromyalgia with

disability application, 115

Trazodone used in fibromyalgia trials, 71t

Treatment

effective management in lieu of a cure, 133

individualized according to patient subgroups, 126, 127t

recommendations based on evidence from clinical trials,

125, 125t

who should treat fibromyalgia?, 130-131, 130t

Tricyclic antidepressants, 84-85, 91t

Trigger points, distinguished from tender points, 37

Tropisetron, 94t

Ultrasound therapy, 107

Venlafaxine: clinical trials in fibromyalgia, 79, 83t

Visual Analog Scale (VAS), 70

Water exercise, water aerobics, deep water walking, 100, 117

Web sites with fibromyalgia information, 118

Wind up, 57, 58

Yoga, 107

Zolpidem, 71t, 89, 94t

Zopiclone, 71t, 89, 94t