

ON THE TRACKS OF A HEALTHIER LIFE ...

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THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

SHORT UPDATED INTRODUCTION
CLINICAL AND ECONOMIC ASPECTS

REFERENCES



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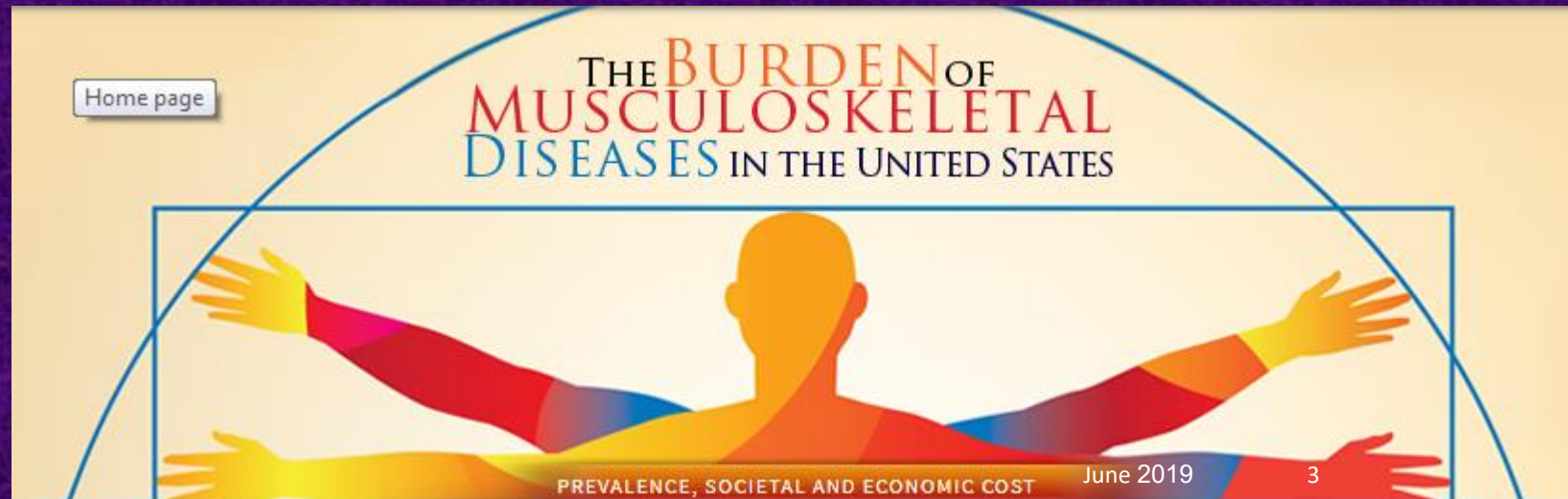
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The Iceberg Nature of Fibromyalgia Burden: The Clinical and Economic Aspects

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DEFINITION OF FIBROMYALGIA

- FM does not fit within the main arthritis classifications
- Considered as a chronic pain condition
- Widespread pain and fatigue



PREVALENCE OF FIBROMYALGIA

- 2% - 5% of the adult population
- Most prevalent in females, with up to 90% of cases
- More common among in older population



DIAGNOSIS NOW FOCUS ON FOUR CRITERIA

- 1) Generalized pain, defined as pain in at least 4 of 5 regions is present
- 2) Symptoms have been present at a similar level for at least 3 months



DIAGNOSIS NOW FOCUS ON FOUR CRITERIA

- 3) Widespread pain index (WPI) and symptom severity scale (SSS) scores
- 4) A diagnosis is valid irrespective of other diagnoses
- (presence of other clinically important illnesses)



CAUSES OF FIBROMYALGIA

- Not known, but current theories include a higher sensitivity to pain
- Can occur by itself, although can also accompany another form of arthritis such as RA or SpA



THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

- Important but less visible aspects of fibromyalgia (FM)
- High impact of this disorder on patients and societies

THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

- Common but challenging illness
- Chronic widespread pain
- Can be accompanied by:
 - Fatigue
 - Sleep disturbances
 - Cognitive dysfunction
 - Anxiety and depressive episodes

THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

- Limited understanding but debilitating disease
- Diagnosis and treatment very difficult
- Even in the hands of experts

THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

- Patients experience invalidation by Medical services / Families / Societies regarding the recognition and management of disease
- Considerable direct, indirect and non measurable costs

THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

- Clinical and economic costs comparable with other common diseases, such as:
 - Diabetes
 - Hypertension
 - Osteoarthritis
- The latter usually receives much more attention from healthcare and non-healthcare resources

THE ICEBERG NATURE OF FIBROMYALGIA BURDEN

- Alarming data shows the serious and "iceberg-like" burden of FM - despite its benign appearance
- Urgent need for
 - greater **awareness** of the disease among medical services and societies
 - for more **research** focused on diagnostic methods
 - and for specific **treatment**



THE RESULTS OF MULTIDISCIPLINARY REHABILITATION AT THE DEAD SEA

SHORT SUMMARY
CONCLUSIONS AND RECOMMENDATIONS

NORWEGIAN PATIENTS WITH CHRONIC PAIN TREATED AT THE DMZ MEDICAL CENTER BETWEEN 2005-2016

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ORIGINAL ARTICLES

Multidisciplinary Biopsychosocial Program for Chronic Musculoskeletal Pain at the Dead Sea

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BACKGROUND / RATIONALE

- Multidisciplinary biopsychosocial rehabilitation for patients presenting with rheumatic diseases
- Better results in a warm climate
- Dead Sea Climatotherapy (DSC) successfully used for decades to treat patients with rheumatic diseases

OBJECTIVE

- To evaluate the short-term improvement
- Multidisciplinary biopsychosocial treatment combined with DSC
- Both objective and subjective clinical parameters were evaluated

METHODS / PATIENTS

- Statistical analysis of 938 patient's files
 - **Fibromyalgia : n=374**
 - Osteoarthritis : n=342
 - Other orthopedic conditions : n=117
 - RA and AS : n=105
- Assessments before/**after 3 week** - at the Dead Sea

PATIENTS

Variable (unit)	Chronic pain syndrome (n=374)	Osteoarthritis (n=342)	Other orthopedic diseases (n=117)	Inflammatory joint diseases (n=105)
Female gender, %	83.2	80.7	84.6	78.1
Mean age, year	59.95 ± 13.05	69.63 ± 9.11	63.39 ± 13.49	61.24 ± 14.87
Mean body mass index, kg/cm ²	26.77 ± 4.67	27.69 ± 5.08	27.27 ± 5.25	26.00 ± 3.84
Previous visits, %	35.4	46.3	44.4	35.2

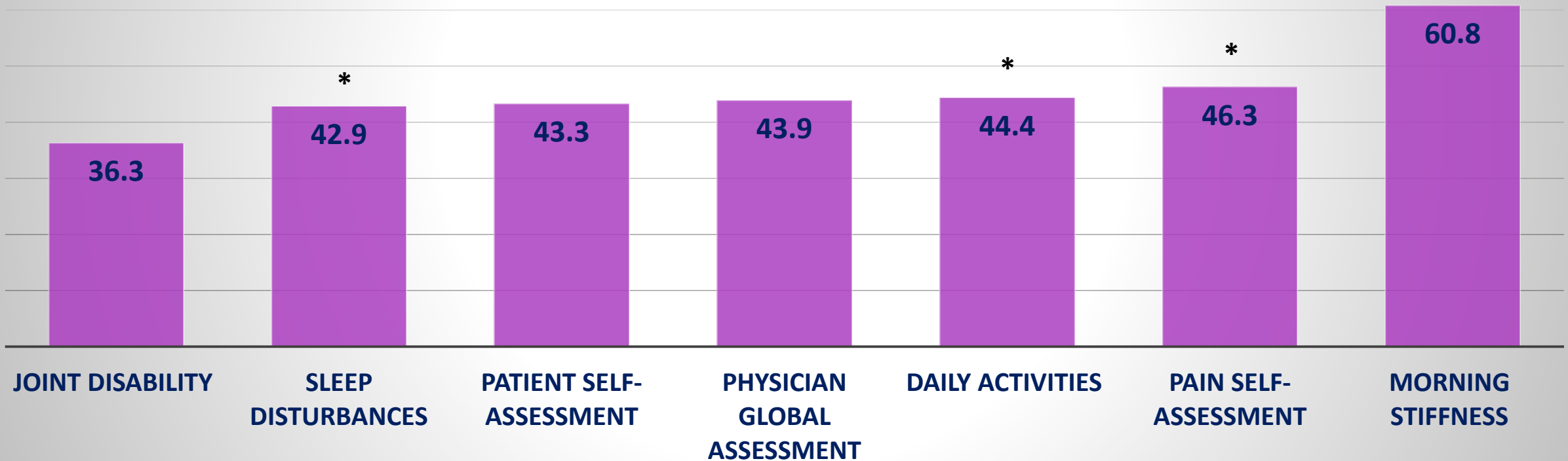
RESULTS

- 6 parameters improved in RA/AS and in OAR groups
- 5 parameters in the FM group
- Major significant changes occurred in
 - Pain self-assessment
 - Joint motility
 - Daily activities scores

Fibromyalgia at the Dead Sea

Percentage of Improvement In Subjective Parameters

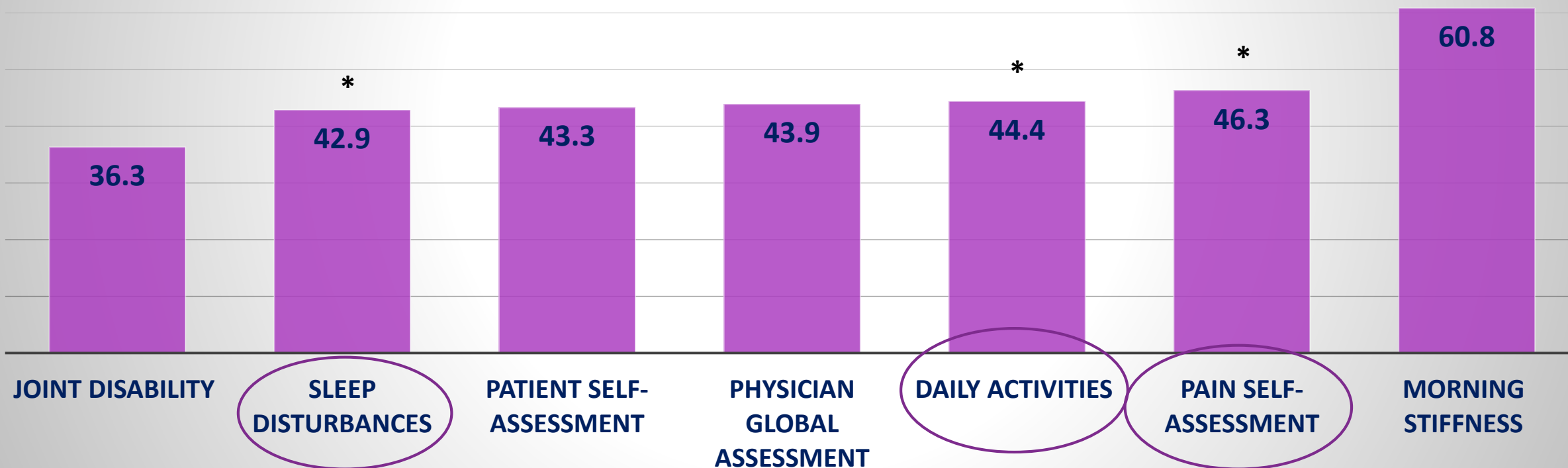
* = statistical significance $p < 0.05$



Fibromyalgia at the Dead Sea

Percentage of Improvement In Subjective Parameters

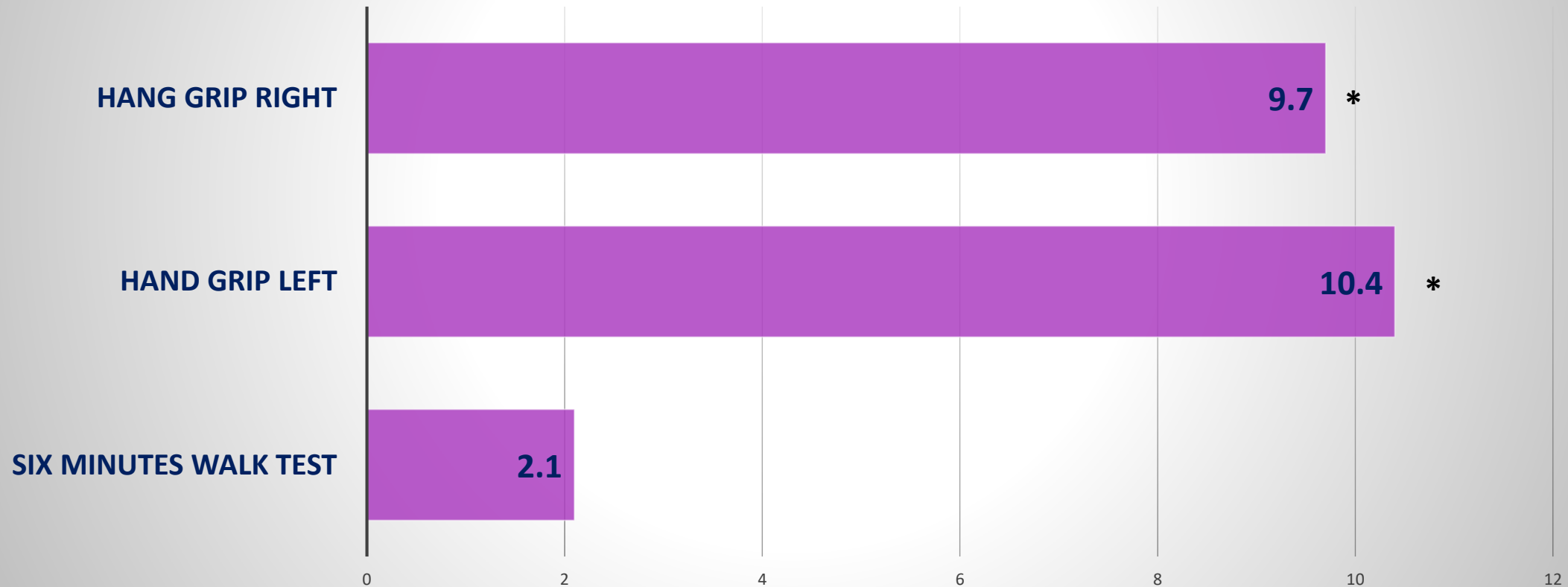
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Fibromyalgia at the Dead Sea

Percentage of Improvement in Objective Parameters

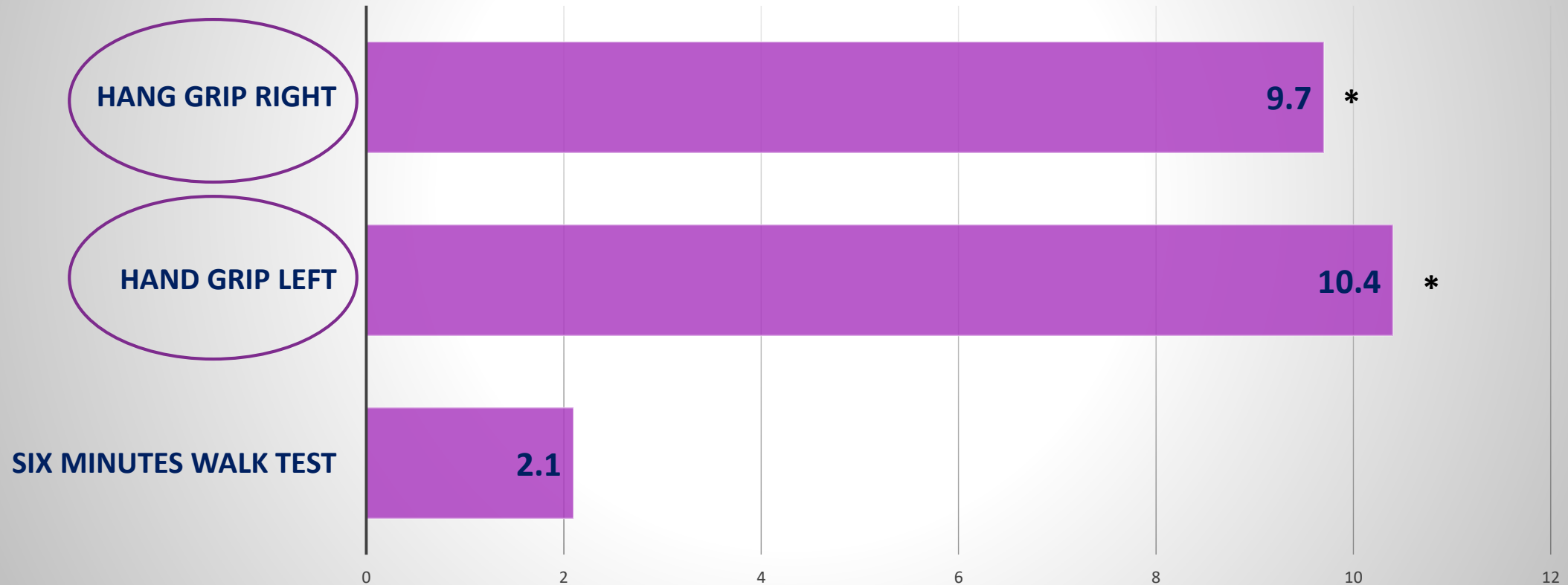
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Fibromyalgia at the Dead Sea

Percentage of Improvement in Objective Parameters

* = statistical significance $p < 0.05$



STUDY LIMITATIONS

- No control group
- No follow-up after 3 weeks
- No assessment with WPI or SSE

CONCLUSIONS / FIBROMYALGIA

- General improvement observed for more than 300 patients
- All non numeric parameters improved from 36.3 to 60.8%
- Objective parameters about 10% improvement

CONCLUSIONS

A 3-week multidisciplinary biopsychosocial program combined with Climatotherapy induced positive changes in the clinical parameters of Norwegian patients presenting with chronic musculoskeletal pain

OUR RECOMMENDATIONS

A 3-week multidisciplinary biopsychosocial program combined with Climatotherapy should be more available for FM patients



THANK YOU !