Fibromyalgia Management

UNDERSTANDING THE CONDITION. EMPOWERING YOUR CARE.

The Pathophysiology of Fibromyalgia

NOCIPLASTIC PAIN

Nociplastic pain arises from altered nociception, despite no clear evidence of tissue damage.

CENTRAL SENSITIZATION

Leads to amplified pain signaling, lowered pain thresholds, and abnormal sensory processing.

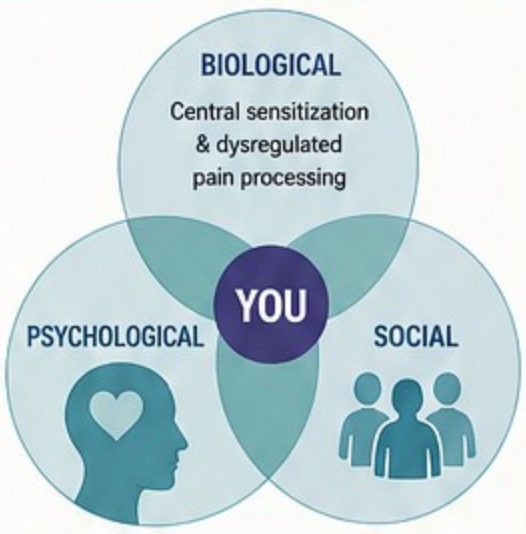
NEUROCHEMICAL DYSREGULATION

Causes various behavioral health issues and stress responses.

THE RESULT

- Widespread Pain
- Fatigue
- Cognitive Dysfunction ("Fibro Fog")
- Sleep Disturbances

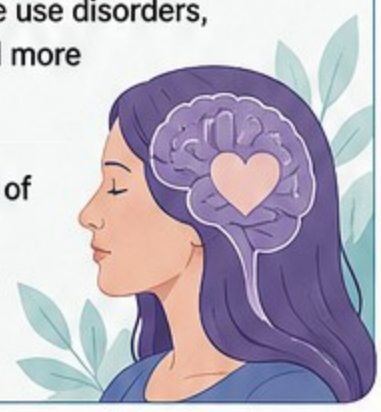
The Fibromyalgia Biopsychosocial Model



- Fibromyalgia is a disorder of central sensitization and dysregulated pain processing.
- Pain modulation alters pain signals along transmission pathways influencing pain perception.
- **Depression** occurs in **40–60%** of FM patients.
- High rates of generalized anxiety, panic disorder, and health-related anxiety amplify pain perception.
- **Trauma** can lead to hypervigilance and cognitive dysfunction.

Impact of Behavioral Health on Disease Course

- Influences pain severity, flare frequency, treatment adherence, and disability levels.
- Leads to substance use disorders, polypharmacy, and more healthcare visits.
- Early identification of psychosocial contributors helps outcomes.



Evidence-Based Management Approaches

NEW OPTIONS

New options can help avoid unnecessary opioid therapy.

TREAT COMORBID DEPRESSION/ANXIETY

Treating comorbid depression/anxiety optimizes patient outcomes.

THERAPY OPTIONS

Options include Cognitive Behavioral Therapy (CBT) and Acceptance & Commitment Therapy (ACT).

LIFESTYLE STRATEGIES

Implement exercise interventions (walking, aerobic, tai chi, yoga), sleep hygiene strategies, and mindfulness.

COMMUNICATE & VALIDATE

Communicate and validate patient symptoms and reduce stigma by legitimizing the condition.

TEAM-BASED CARE

Quality care includes collaboration among primary care, specialty, behavioral health, and physical therapy.

Key Takeaways for Patients

- Behavioral health symptoms are core components of fibromyalgia, not secondary consequences.
- Integrate multimodal care addressing both emotional and physical symptoms.
- Early screening and treatment of mood disorders significantly improve pain, function, and quality of life.

You Are Not Alone

Fibromyalgia is real, treatable, and manageable. With the right support and strategies, you can improve your quality of life.

- EDUCATE YOURSELF
- WORK WITH YOUR CARE TEAM
- PRIORITIZE SELF-CARE
- BE PATIENT WITH YOURSELF

Knowledge. Compassion. Collaboration. | Small steps today can lead to better days tomorrow.

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Please consult your healthcare provider for personalized care.