

# Fibromyalgia syndrome

## General:

Fibromyalgia (Synonyms: generalized tendomyopathy, fibromyalgia syndrome, polytope insertion tendomyopathy; fibrositis and soft tissue rheumatism) is defined as chronic pain syndrome of the musculoskeletal system with painful pressure points (tender points). One to 3% of the population are affected, 90% are women. Associated are sleep disturbances and general exhaustion, less frequently, vegetative disturbances like irritable colon, hyperhidrosis (especially hands), dermatographism, orthostatic complaints, respiratory arrhythmia, tremor, Raynaud's syndrome, paresthesias and headache.

The diagnosis is confirmed, if - apart from the generalized pain as well as the presence of vegetative and functional disturbances - at least 11 out of 18 (nine on each body side) definite tender points react painful on digital palpation.

**Differential diagnosis:** Soft tissue rheumatism (among others bursitis, tendinitis), myofascial pain syndrome (localized tendomyopathy), polymyalgia rheumatica, chronic polyarthritis, collagenosis (e.g. lupus erythema-todes), polymyositis/dermatomyositis, post-viral myalgia, osteomalacia, carcinoma, myeloma, hypothyroidism, hyperparathyroidism, Morbus Addison, psychogenic rheumatism, beginning Morbus Parkinson.

**Laboratory:** clinical chemistry: ESR, serum protein electrophoresis, RF, alkaline phosphatase, sodium, potassium, phosphate, ferritin, CK, GOT, GPT,  $\gamma$ -GT, creatinine, serotonin; hematology: blood differential, immunology: immunoglobulins (IgG, IgM, IgA), CRP, ANA, serotonin IgG and IgM antibody, endocrinology: cortisol day profile, T3, T4, TSH; serology: yersinia antibody, CMV-, coxsackie-, EBV-serology, borrelia antibodies.

For complete list of laboratory test offered at Freiburg Medical Laboratory, please visit <http://www.fml-dubai.com/parameter-listings/>