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 A non-profit 501 (C)(3) organization



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National Fibromyalgia Association Epidemiological Study Results Released *The largest online survey gives "snapshot" of over 3,000 fibromyalgia patients*

ORANGE, Calif.--- Morning stiffness, fatigue, non-restorative sleep, pain, low back pain, concentration, and memory "fog" were among the most common problems reported by people with fibromyalgia (FM), according to the results of an internet survey conducted by the National Fibromyalgia Association (NFA) in which over 3,000 people with fibromyalgia responded in less than 3 days.

The survey also reported that when it came to out-of-pocket expenses related to the management of their fibromyalgia symptoms, 74% of responders spend between \$100 and \$500 per month on over-the-counter products; 61% spend between \$100 and \$500 per month on prescription medications.

The survey is the first of its kind, giving a "snapshot" of people with fibromyalgia. Experts say the results can be used to identify significant issues for further research. "The dramatic response to this survey highlights a great need for more in-depth research to improve the diagnosis and treatment options for people with fibromyalgia," said Lynne Matallana, president and founder of the National Fibromyalgia Association, the largest FM nonprofit organization in the world; its mission is to develop and execute programs dedicated to improving the quality of life for people with FM.

Approximately 6 to 10 million people are afflicted with fibromyalgia in the U.S., with a female to male ratio of about 9:1, according to the National Fibromyalgia Association.

A vast majority of the responses from the survey were from the U.S.; 46 responses came from 12 countries outside the U.S. The respondents were predominantly middle-aged Caucasian females, 75 percent of whom had experienced FM symptoms for more than 4 years. Only 3.2 percent of the responders were male. The age range of all responders were between 17 to 77 years old.

Other survey results included:

- 64% were currently married
- 13.6 % had a household income of less than \$20,000
- 21.7 % had a household income of over \$80,000
- 63% reported lower back pain
- 47% reported recurrent headaches
- 40% reported chronic fatigue

Symptom management interventions perceived to be most effective included:

- Rest
- Heat modalities
- Prescription pain medications
- Prescription antidepressants
- Prescription sleep medications
- Prayer
- Massage
- Pool therapy

Written by the study's principal authors and investigators: Robert Benett, M.D.; Jessie Jones, PhD, FACSM; Dennis Turk, PhD; I. Jon Russell, M.D.; and Lynne Matallana, the complete results were published in the March 2007 issue of BMC Musculoskeletal Disorders, an open-access journal publishing original peer-reviewed research articles on all aspects of the prevention, diagnosis and management of musculoskeletal and associated disorders, as well as related molecular genetics, pathophysiology, and epidemiology.

About the National Fibromyalgia Association

The National Fibromyalgia Association is a non-profit 501(c)(3) organization whose mission is to develop and execute programs dedicated to improving the quality of life for people with fibromyalgia by increasing the awareness of the public, media, government and medical communities. The NFA publishes a quarterly magazine, Fibromyalgia AWARE, and hosts an award-winning website at www.FMaware.org.

For more information about the National Fibromyalgia Association, including the upcoming National Fibromyalgia Awareness Day on May 12 co-hosted by the NFA and California State University, Fullerton, call 714-921-0150 or visit www.FMaware.org.

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