IMPACT OF FIBROMYALGIA

8 out of 10 respondents indicated that FM pain impacts their daily life

Note: Participants were asked to choose from a list of the most common complaints known to be associated with fibromyalgia and rank based on impact on daily life. This included disturbed sleep/insomnia, depression, fatigue/low energy, headaches/migraines, and irritable bowel syndrome, among others.

On average, respondents experienced increased FM symptoms during a typical week

4 “flare-up” days

Nearly 2/3 experienced severe FM pain* when not taking medication

64%

* Severe FM pain as defined by those who reported experiencing pain levels of seven and above as measured by the pain Numeric Rating Scale (NRS) (patient reported, 1-10 with 1 being no pain and 10 being excruciating pain)
Of those with severe FM pain* say family/friends took on more work for them versus 34% of people experiencing less pain.

IMPACT ON DAILY ACTIVITIES
Respondents indicated that their FM pain affected their ability to complete daily activities and participate in life events.

Day-to-day activities most impacted by fibromyalgia pain are the ability to:
- 71% sleep
- 70% exercise
- 60% complete household responsibilities

85% missed important life events, including:
- 69% social engagements
- 43% holidays
- 42% birthdays
- 37% vacations

IMPACT ON RELATIONSHIPS
Respondents reported that fibromyalgia pain significantly impacted their relationships and often find those close to them do not understand their condition.

44% who experience flare-up days feel that their loved ones do not take their condition seriously.

55% believe fibromyalgia pain has negatively impacted romantic relationships. Of those, approximately 7 in 10 confirmed that it has affected physical intimacy with a partner or spouse.

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Impact on Professional Life

Employed respondents highlighted that fibromyalgia pain impacts their professional life.

1/3 reported professional relationships are adversely affected by FM pain, with only 1/4 finding that their colleagues understand their condition.

On average, of the 409 employed respondents, 34% missed 3 weeks of work annually due to FM pain (versus only 3 days for the average American) – and were late an additional nine days.

The 248 employed respondents who reported severe pain* when not taking medication missed an average of 23 days in the past year – which is nearly 8 times more than the average American misses due to illness.

Managing Fibromyalgia Pain

The Patient Perspective

Nearly one in three respondents said they found support from informal peer networks.

Nearly half have seen an improvement in their management of fibromyalgia pain since diagnosis.

97% reported they have taken some action in order to try to manage their ability to live with fibromyalgia pain – including minimizing stressful situations, setting more limits and incorporating physical activity regularly.

The Role of the HCP

90% feel it is important that their HCP understands what it is like to live with fibromyalgia.

More than one third felt that their HCP helped them establish and set their personal goals.

Almost 40% have seen a nurse practitioner (NP), and more than 1/3 see an NP specifically for their FM management.

About the Functioning with Fibro Survey

The Functioning with Fibro survey was conducted between August 9 and August 23, 2013 and included 1,228 adults in the U.S. (18 years and older) who have been diagnosed with fibromyalgia, using an email invitation and an online survey.

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