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The Prevalence and associated features of Fibromyalgia in Rural Area

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Aims: To study the prevalence of Fibromyalgia (FM) in rural population of Lucknow (North India), and to study the features associated with it.

Method: An epidemiological survey was carried out in a cluster of four villages of Gosaiganj area, Lucknow. Door-to-door survey was made using structured Phase I questionnaire of COPCORD. Persons reporting musculoskeletal problems were then screened and evaluated for FM. The diagnosis of FM was made using the ACR diagnostic criteria for Fibromyalgia.

Observation: A total of 5121 persons living in rural area were screened for Rheumatological diseases. 857 persons reported having musculoskeletal problems. Out of them 645 patients wee studied for Fibromyalgia. The prevalence of FM was found to be 35.5% (229/645), with a predominance of female population [72%, (164/229)]. The following associated features were observed in FM patients. Depression 63.8% (146/229), Non Refreshing Sleep 63.3% (145/229), Disturbed Sleep 59.4% (136/229), Fatigue 62% (142/229), Weakness 59.4% (136/229), Morning Stiffness 46% (105/229), Pain in Abdomen 21.8% (50/229), ENT problem 7.9% (18/229), dyspnea 6.6% (15/229), Diarrohea 5.24% (12/229), Low Blood Pressure 3.5% (8/229), Palpitation 3.1% (7/229), Urinary Problem 1.8% (4/229), and pain during periods .87% (2/229).

Conclusion: Prevalence of FM is high (35.5%) in rural population. In FM, Depression, sleeping Disorders, Fatigue, Morning Stiffness, Pain in abdomen are common associated features.