High prevalence of fibromyalgia in both rural and urban areas of Lucknow

SK Das, S Srivastava, P Kumar, R Srivastava, D Bhattacharya, S Agarwal, GG Agarwal¹
Department of Rheumatology, King George's Medical University, Lucknow, Uttar Pradesh, India, ¹Department of Statistics, Lucknow University, Lucknow, Uttar Pradesh, India.

Objective: The objective was to estimate the prevalence of fibromyalgia (FM) in the rural and urban population of Lucknow (North India).
Methods: An epidemiological survey was carried out by using cluster sampling in four villages of Gosainganj area (n=5118) and the urban area (n=5053) of Kundri Rakabganj, Lucknow. Trained Rheumatologist and social workers carried out door-to-door survey using structured Phase I questionnaire of COPCORD. Subjects reporting musculoskeletal problems were then screened and underwent a standardized physical examination for FM. The diagnosis of FM was made using ACR-diagnostic criteria for FM.

Results: In rural area, 772 subjects reported having musculoskeletal problems, of them 657 patients were studied for FM. The percentage of FM in affected population was found to be 34.7% (228/657) with a prevalence of 4.5% (228/5118). There was a predominance of females (81.1%, 185/228). In urban area, 1720 subjects reported having musculoskeletal problems, of them 1469 patients were studied for FM. The percentage of FM in affected population was found to be 13.2% (194/1469) with a prevalence of 3.8% (194/5053). Again there was a predominance of females (90.2%, 175/194). Though the percentage of FM in affected population was significantly higher in rural population (P=0.00), there was no significant difference in the prevalence (P=0.11).

Conclusion: Prevalence of FM is high in both rural (4.5%) and urban (3.8%) population. FM is much more common in females.

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