

New Fibromyalgia Criteria



The latest method for being
diagnosed as Fibromyalgia
Syndrome



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New Clinical Fibromyalgia Diagnostic Criteria – Part 1.

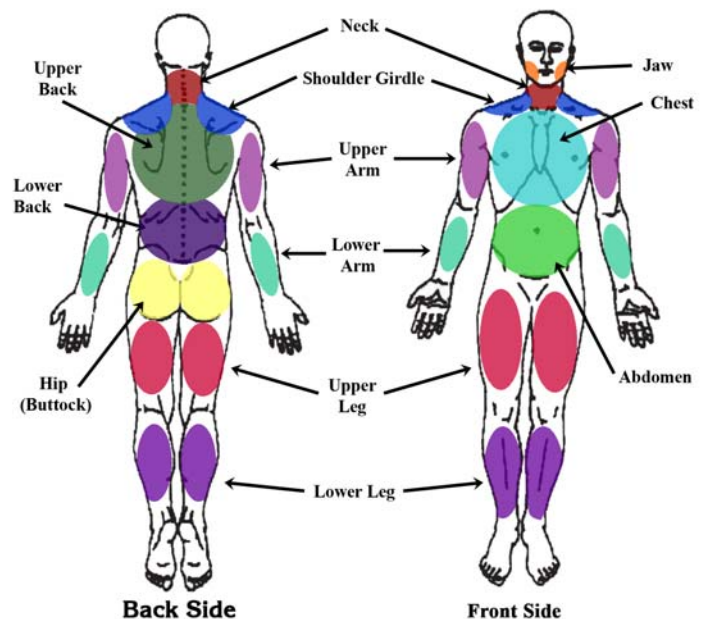
To answer the following questions, patients should take into consideration

- how you felt the **past week**,
- while taking your current therapies and treatments, and
- exclude your pain or symptoms from other known illnesses such as arthritis, Lupus, Sjogren’s, etc.

Check each area you have felt pain in over the past week.

- | | |
|---|--|
| <input type="checkbox"/> Shoulder girdle, left | <input type="checkbox"/> Lower leg left |
| <input type="checkbox"/> Shoulder girdle, right | <input type="checkbox"/> Lower leg right |
| <input type="checkbox"/> Upper arm, left | <input type="checkbox"/> Jaw left |
| <input type="checkbox"/> Upper arm, right | <input type="checkbox"/> Jaw right |
| <input type="checkbox"/> Lower arm, left | <input type="checkbox"/> Chest |
| <input type="checkbox"/> Lower arm, right | <input type="checkbox"/> Abdomen |
| <input type="checkbox"/> Hip (buttock) left | <input type="checkbox"/> Neck |
| <input type="checkbox"/> Hip (buttock) right | <input type="checkbox"/> Upper back |
| <input type="checkbox"/> Upper leg left | <input type="checkbox"/> Lower back |
| <input type="checkbox"/> Upper leg right | <input type="checkbox"/> None of these areas |

Determining Your Widespread Pain Index (WPI)
The WPI Index score from Part 1 is between 0 and 19.



Count up the number of areas checked and enter your Widespread Pain Index or WPI score score here ____.

Symptom Severity Score (SS score) - Part 2a.

Indicate your level of symptom severity over the past week using the following scale.

Fatigue

- 0 = No problem
- 1 = Slight or mild problems; generally mild or intermittent
- 2 = Moderate; considerable problems; often present and/or at a moderate level
- 3 = Severe: pervasive, continuous, life disturbing problems

Waking unrefreshed

- 0 = No problem
- 1 = Slight or mild problems; generally mild or intermittent
- 2 = Moderate; considerable problems; often present and/or at a moderate level
- 3 = Severe: pervasive, continuous, life disturbing problems

Cognitive symptoms

- 0 = No problem
- 1 = Slight or mild problems; generally mild or intermittent
- 2 = Moderate; considerable problems; often present and/or at a moderate level
- 3 = Severe: pervasive, continuous, life disturbing problems

Tally your score for Part 2a (not the number of checkmarks) and enter it here ____.

Symptom Severity Score (SS score)- Part 2b

Check each of the following OTHER SYMPTOMS that you have experienced over the past week?

- | | | |
|--|--|---|
| <input type="checkbox"/> Muscle pain | <input type="checkbox"/> Nervousness | <input type="checkbox"/> Loss/change in taste |
| <input type="checkbox"/> Irritable bowel syndrome | <input type="checkbox"/> Chest pain | <input type="checkbox"/> Seizures |
| <input type="checkbox"/> Fatigue/tiredness | <input type="checkbox"/> Blurred vision | <input type="checkbox"/> Dry eyes |
| <input type="checkbox"/> Thinking or remembering problem | <input type="checkbox"/> Fever | <input type="checkbox"/> Shortness of breath |
| <input type="checkbox"/> Muscle Weakness | <input type="checkbox"/> Diarrhea | <input type="checkbox"/> Loss of appetite |
| <input type="checkbox"/> Headache | <input type="checkbox"/> Dry mouth | <input type="checkbox"/> Rash |
| <input type="checkbox"/> Pain/cramps in abdomen | <input type="checkbox"/> Itching | <input type="checkbox"/> Sun sensitivity |
| <input type="checkbox"/> Numbness/tingling | <input type="checkbox"/> Wheezing | <input type="checkbox"/> Hearing difficulties |
| <input type="checkbox"/> Dizziness | <input type="checkbox"/> Raynaud's | <input type="checkbox"/> Easy bruising |
| <input type="checkbox"/> Insomnia | <input type="checkbox"/> Hives/welts | <input type="checkbox"/> Hair loss |
| <input type="checkbox"/> Depression | <input type="checkbox"/> Ringing in ears | <input type="checkbox"/> Frequent urination |
| <input type="checkbox"/> Constipation | <input type="checkbox"/> Vomiting | <input type="checkbox"/> Painful urination |
| <input type="checkbox"/> Pain in upper abdomen | <input type="checkbox"/> Heartburn | <input type="checkbox"/> Bladder spasms |
| <input type="checkbox"/> Nausea | <input type="checkbox"/> Oral ulcers | |

Count up the number of symptoms checked above.

*If you tallied:

- | | |
|------------|----------------------------|
| 0 symptoms | Give yourself a score of 0 |
| 1 to 10 | Give yourself a score of 1 |
| 11 to 24 | Give yourself a score of 2 |
| 25 or more | Give yourself a score of 3 |

Enter your score for Part 2b here ____.

Now add Part 2a AND 2b scores, and enter ____.

This is your Symptom Severity Score (SS score), which can range from 0 to 12.

What Your Scores Mean

A patient meets the diagnostic criteria for fibromyalgia if the following 3 conditions are met:

1a. The WPI score (Part 1) is greater than or equal to 7 AND the SS score (Part 2a & b) is greater than or equal to 5

OR

1b. The WPI score (Part 1) is from 3 to 6 AND the SS score (Part 2a & b) is greater than or equal to 9.

2. Symptoms have been present at a similar level for at least 3 months.

3. You do not have a disorder that would otherwise explain the pain.

For example:

If your WPI (Part 1) was 9 and your SS score (Parts 2a & b) was 6, then you would meet the new FM diagnostic criteria.

If your WPI (Part 1) was 5 and your SS score (Parts 2a & b) was 7, then you would NOT meet the new FM diagnostic criteria.

*The new FM diagnostic criteria did not specify the number of "Other Symptoms" required to score the point rankings from 0 to 3. Therefore, we estimated the number of symptoms needed to meet the authors' descriptive categories of:

0 = No symptoms

1 = Few symptoms

2 = A moderate number

3 = A great deal of symptoms

* Wolfe F, et al. *Arthritis Care Res* 62(5):600-610, 2010.

This survey is not meant to substitute for a diagnosis by a medical professional. Patients should not diagnose themselves. Patients should always consult their medical professional for advice and treatment. This survey is intended to give you insight into research on the diagnostic criteria and measurement of symptom severity for fibromyalgia.