




Fibromyalgia options



Main symptom(s)	Options	Benefits	Serious Harms and Side Effects
Insomnia or Sleep disturbance	Please use insomnia options tools	Quality of life. Less tiredness, improved mood and pain.	None known
Pain Treat all patients with symptoms of suspected Fibromyalgia with high dose vitamin D. Diffuse pain can be caused by vitamin D deficiency.	Amitriptyline 5-30mg	Pain relief in about 1 in 4 (25%) more people than does placebo	Drowsiness and dry mouth in 25% (reduce the dose).
	Gabapentin	Gabapentin probably gives similar benefits to amitriptyline	Drowsiness. Risk of misuse. Do not use if you are prone to this.
	Tai chi (Also effective for fatigue, quality of life, mood and sleep.)	There is some trial evidence that it halves many of these symptoms. 	Commitment required: Twice weekly tai chi for 1 hour over 12 weeks. (Continuing activity with a tai chi DVD is sensible.) There are no apparent risks.
	Tramadol	Evidence is very poor for long term use	Addictive and habit forming. Constipating and sedating.
Depression	Please use anxiety and depression tools	Plenty of evidence for benefit	Potential side effects from some medications
Fatigue	Graded exercise programme	Good evidence of benefit 10-25% get benefit NNT 4-10	Provided exercise is graded, harm is very unlikely
Another emotional health issue, such as generalised anxiety disorder, depression, obsessive compulsive disorder or an eating disorder	An SSRI such as sertraline, citalopram or fluoxetine and talking therapies including Cognitive Behavioural Therapy (CBT) and Mindfulness may help for these problems	Plenty of evidence for benefit	Potential side effects from some medications SSRI medications slightly increase the risk of bleeding from the stomach and should not be taken with ibuprofen because of this.
All symptoms of Fibromyalgia	6 sessions of CBT	Helps 1 in 4 participants compared to standard care. 	It is safe and often helpful for emotional health problems and dealing with negative thinking.
	Tai chi	There is some trial evidence that it halves many of these symptoms. 	Commitment required: Twice weekly tai chi for 1 hour over 12 weeks. (Continuing activity with a tai chi DVD is sensible.) There are no apparent risks.
	Duloxetine and venlafaxine are second line treatments	Unproven. May help for mood, pain and sleep.	Check ECG before using Venlafaxine. Long list of possible side effects for both.