



What is juvenile fibromyalgia?

- Fibromyalgia (pronounced fy-bro-my-AL-ja) is a chronic condition that is characterized by significant widespread pain and fatigue, which can interfere with a person's ability to carry out daily activities; when diagnosed in adolescents, it is called juvenile fibromyalgia
- People with fibromyalgia often feel pain when pressure is applied to certain places on the body called "tender points"
- In adolescents, the pain is often affected by weather, physical activity, or stress; other common symptoms are poor sleep, chronic headaches, and anxiety*
- About 1 out of every 6 people with fibromyalgia is under 18 years old*
- Often, people with fibromyalgia have a family member with the condition

What causes fibromyalgia?

No one is exactly sure what causes fibromyalgia. However, the symptoms may be caused by a problem with the way a person's brain processes pain signals. Fibromyalgia most likely is caused by several things working together, such as:

- **Genetics:** Some doctors believe that fibromyalgia is hereditary, meaning it runs in families, and there may be certain things that make someone more likely to have it; women and girls are also more likely to have fibromyalgia than men and boys
- **Illness:** It's possible that some illnesses or types of infections trigger or make fibromyalgia worse
- **Trauma:** Having a physical or emotional trauma has been linked to fibromyalgia

How is fibromyalgia diagnosed?

There's no blood test for fibromyalgia, so doctors have to rely on information provided to them. Widespread pain and tenderness in certain places on the body, as well as feeling tired and having trouble sleeping are symptoms. Speaking to a doctor about any of these symptoms can help with a diagnosis.

How is fibromyalgia treated?

In addition to medications that may take away some of the pain, fibromyalgia can be treated in other ways, including:

- Changing your diet
- Exercising
- Acupuncture
- Taking medications to help with other symptoms like depression or trouble sleeping

What is the MyFi study?

MyFi is a clinical research study on adolescent primary fibromyalgia. Doctors want to find out if the study drug, milnacipran, is safe and effective in helping adolescents with fibromyalgia. The use of milnacipran in this study is experimental because it has not been approved by the U.S. Food and Drug Administration (FDA) for use in pediatric (children and adolescent) patients. For more information, visit

www.MyFiResearch.com.

MyFi

*Source: Anthony KK, Schanberg LE "Juvenile primary fibromyalgia syndrome" Curr Rheumatol Rep 2001 Apr; 3(2):165-171