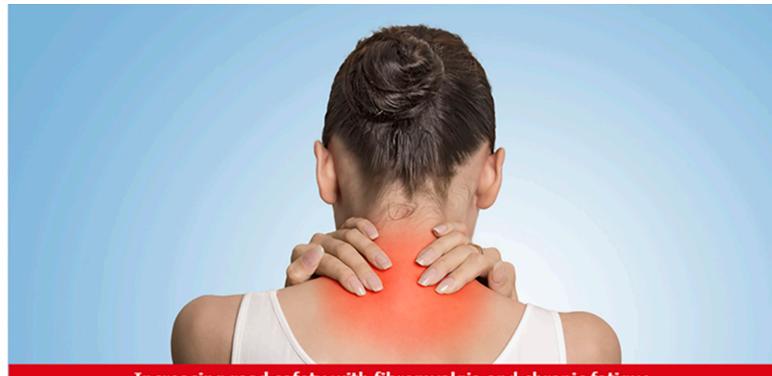
# Fundación MAPFRE



#### Increasing road safety with fibromyalgia and chronic fatigue

Fibromyalgia causes an increased consumption of health resources, in addition to significant personal, social and occupational costs. It is estimated that between 3 and 6 percent of the global population suffers from fibromyalgia, and that more than 6 million people remain undiagnosed.

## Fibromyalgia affects

between



Of the Spanish population over 20 years of age. Each year 120,000 cases

are diagnosed

Is estimated that there are nearly 2 million people affected



Is much more prevalent among women: 4.2 percent of women suffer from this disease, as opposed to just 0.2 percent of men.

Traffic accidents have been identified



As a trigger factor for onset of fibromyalgia in as many as 2.9 percent of cases.

#### Symptoms

- Widespread pain in all four quadrants of the body, plus the back.
- Fatigue, at times with nausea, instability, or lack of balance.
- Sleep disturbances caused by or occurring with fatigue and pain.
- It affects cognitive abilities: memory and thoughts processes.
- Loss of mental agility and difficulty concentrating and expressing oneself clearly.

### Some keys

Fibromyalgia is related to mood problems, the most prevalent being anxiety and depression, which in 68 percent of cases is chronic, which worsens the course and progression of the disease.

Average diagnosis time of between 1.9 and 2.7 years, due to multiple testing types, lack of clear symptoms, or association of symptoms with other diseases.

It is common to consult as many as 15 specialists before reaching a definitive diagnosis.

Symptoms can be highly debilitating, though they do not affect mobility.

## Three recommendations for patients







### Recommendations for healthcare professionals for patients with fibromyalgia







