



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

- 1 Widespread pain in all four quadrants of the body, plus the back.
- 2 Fatigue, at times with nausea, instability, or lack of balance.
- 3 Sleep disturbances caused by or occurring with fatigue and pain.
- 4 It affects cognitive abilities: memory and thoughts processes.
- 5 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



Go to the doctor whenever you notice symptoms getting worse

In order to assess your status and your ability to adequately move around either as a pedestrian or as a driver.



Do not self-medicate

Follow your treatment regimen and talk to your doctor about any adverse effects on driving.



Try to travel with someone else who can help with the driving

plan longer trips using familiar itineraries, following direct routes with mainly highway driving.

Recommendations for healthcare professionals for patients with fibromyalgia



Include in the patient's clinical history his/her driving habits

Symptoms, and treatments that could affect roadway safety, and tell the patient whether or not they should be driving.



Consider all medications and the manner in which they are taken by the patient

Like specific times, regularly, etc., and inform the patient of his/her individual risks.



Prescribe

Medications that have the least effect on the patient's ability to drive.



Instructing him/her

To carefully read the treatment pamphlets.



Use dosing regimens

That have the least possible impact, so as to avoid excessive restriction on the patient's independence.



Recommendations must be made individually

Depending on the group in which the driver with fibromyalgia is included.