TWO TAKES ON FIBRO: PUBLIC PERCEPTIONS & PRIVATE REALITIES

Two new national surveys comparing the perceptions of people who suffer from fibromyalgia with those of the general population found substantial differences between public perceptions and the private realities of this painful, chronic condition.*

The American Chronic Pain Association (ACPA) and Forest Laboratories Inc. conducted two national surveys to gather and compare perceptions of people who have fibromyalgia with those of the general public. The surveys revealed the impact fibromyalgia has on many dimensions of a person’s life including everyday activities, relationships, intimacy and workplace productivity.

PUBLIC PERCEPTIONS AND PRIVATE REALITIES
While 92% of the general public has heard of fibromyalgia, many people do not understand that it is the simple things that fibromyalgia affects the most.

<table>
<thead>
<tr>
<th>Everyday tasks</th>
<th>General Population</th>
<th>People with Fibromyalgia</th>
</tr>
</thead>
<tbody>
<tr>
<td>Drive a car</td>
<td>41%</td>
<td>61%</td>
</tr>
<tr>
<td>Keep up with exercise</td>
<td>71%</td>
<td>23%</td>
</tr>
<tr>
<td>Watch a movie</td>
<td>18%</td>
<td>75%</td>
</tr>
</tbody>
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*Two surveys were conducted by Edelman StrategyOne| Fielded by Harris Interactive Service Bureau| 1,215 men and women diagnosed with fibromyalgia | 58 questions; 24 minutes | 1,022 adults from the general population | 37 questions; 11 minutes

IMPACTION OF FIBROMYALGIA

Everyday tasks
Fibromyalgia symptoms can impact many aspects of a person’s everyday activities.
- 71% of people experiencing fibromyalgia symptoms had difficulty vacuuming, doing yard work or cleaning their apartment/house
- More than half (58%) had difficulty lifting and carrying a bag of groceries or taking out the trash

Personal relationships and intimacy
Romantic intimacy can suffer as a result of fibromyalgia.
- Most people (64%) with fibromyalgia who are in a relationship report they experienced difficulty being intimate with their partner
- More men (56%) than women (48%) found it more difficult to be physically intimate with their partner

Work and career
People with fibromyalgia experienced difficulty completing tasks at work.
- 71% of people experiencing fibromyalgia symptoms had difficulty vacuuming, doing yard work or cleaning their apartment/house
- More than half (58%) had difficulty lifting and carrying a bag of groceries or taking out the trash

Parenting
The general public perceived the impact of fibromyalgia on parenting to be greater than that reported by fibromyalgia respondents.

IMPORANCE OF EARLY DIAGNOSIS
The majority (77%) of survey respondents waited up to three years before seeking help from a healthcare professional.
- 70% of people hesitated to visit a healthcare professional because they thought the symptoms would go away, yet 55% of people reported that talking to their healthcare provider was a good decision
- About one in three (34%) people were motivated to seek help because their symptoms became unbearable

FIBROMYALGIA MANAGEMENT
The majority (88%) of respondents with fibromyalgia are aware that there are FDA-approved medications for the management of fibromyalgia

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