

Fibromyalgia Impact Tool

What does your fibromyalgia feel like?

Fibromyalgia is characterized by chronic widespread pain and tenderness. The pain of fibromyalgia may be unpredictable. You may feel pain that can affect different parts of your body, and the pain may feel worse on some days than others.

Remember, only your doctor or other healthcare provider can determine if you have fibromyalgia.

Circle the number that describes your pain over the last 24 hours (0=No pain, 10=Worst possible pain):

0 1 2 3 4 5 6 7 8 9 10
No pain |-----| Worst possible pain

Where does it hurt?

Describe the parts of your body where you feel pain, tenderness, or both.

1 _____
2 _____
3 _____
4 _____
5 _____
6 _____
7 _____
8 _____
9 _____
10 _____



Knowing all of the medicines you are taking can help your healthcare provider.

Make a list of all of the medications you are currently taking in the blank spaces below. Be sure to include over-the-counter medications, vitamins, and herbal supplements.

1 _____
2 _____
3 _____
4 _____
5 _____

Knowing the different types of healthcare providers you have visited can help your healthcare provider.

Make a list of all the types of healthcare providers you have visited in the blank spaces below.

1 _____
2 _____
3 _____
4 _____
5 _____

You are now ready to talk with your doctor about all of the symptoms you have been experiencing, whether you have fibromyalgia, and what treatment plan might be right for you.

Important Safety Information

Cymbalta (duloxetine HCl) is approved to manage pain associated with fibromyalgia symptoms. It is also approved as an antidepressant.

What should I talk about with my healthcare provider?

Patients on antidepressants and their families or caregivers should watch for new or worsening depression symptoms, unusual changes in behavior, thoughts of suicide, anxiety, agitation, panic attacks, difficulty sleeping, irritability, hostility, aggressiveness, impulsivity, restlessness, or extreme hyperactivity. Call your healthcare provider right away if you have thoughts of suicide or if any of these symptoms are severe or occur suddenly. Be especially observant within the first few months of antidepressant treatment or whenever there is a change in dose.

You should also know that:

- Suicide is a known risk of depression and some other psychiatric disorders.
- Antidepressants may increase suicidal thoughts or behaviors in some children, adolescents, and young adults especially within the first few months of treatment or when changing the dose. No increased risk has been shown for adults over age 24, and risk decreased for those over age 65.
- All patients starting therapy should be monitored appropriately and observed closely for new or worsening depression symptoms, suicidal thoughts or behavior, or unusual changes in behavior.
- Cymbalta is not approved for use in patients under age 18.

Who should NOT take Cymbalta?

You should not take Cymbalta if:

- You have recently taken a type of antidepressant called a monoamine oxidase inhibitor (MAOI)
- You have uncontrolled narrow-angle glaucoma (an eye disease)
- You are taking Mellaril® (thioridazine)

What other important information should I discuss with my healthcare provider?

Talk with your healthcare provider:

- about all of your medical conditions, including kidney problems, glaucoma, or diabetes
- if, while taking Cymbalta, you have itching, right upper belly pain, dark urine, yellow skin/eyes, or unexplained flu-like symptoms which may be signs of liver problems. Severe liver problems, sometimes fatal, have been reported
- about your alcohol consumption
- if you are taking nonprescription or prescription medicines, including those for migraine, to avoid a potentially life-threatening condition
- if you are taking NSAID pain relievers, aspirin, or blood thinners. Use with Cymbalta may increase bleeding risk.
- before stopping Cymbalta or changing your dose
- if you are pregnant or nursing

Dizziness or fainting may occur upon standing, especially when first starting Cymbalta or when increasing the dose. Your healthcare provider may periodically check your blood pressure while you are taking Cymbalta.

If you have any questions, talk to your healthcare provider before taking Cymbalta.

What are the possible side effects of Cymbalta?

The most common side effect of Cymbalta was nausea. For most people who had it, the nausea was mild to moderate and usually improved within 1 to 3 weeks. Other common side effects included dry mouth, constipation, sleepiness, constipation, decreased appetite, and increased sweating. This is not a complete list of side effects.