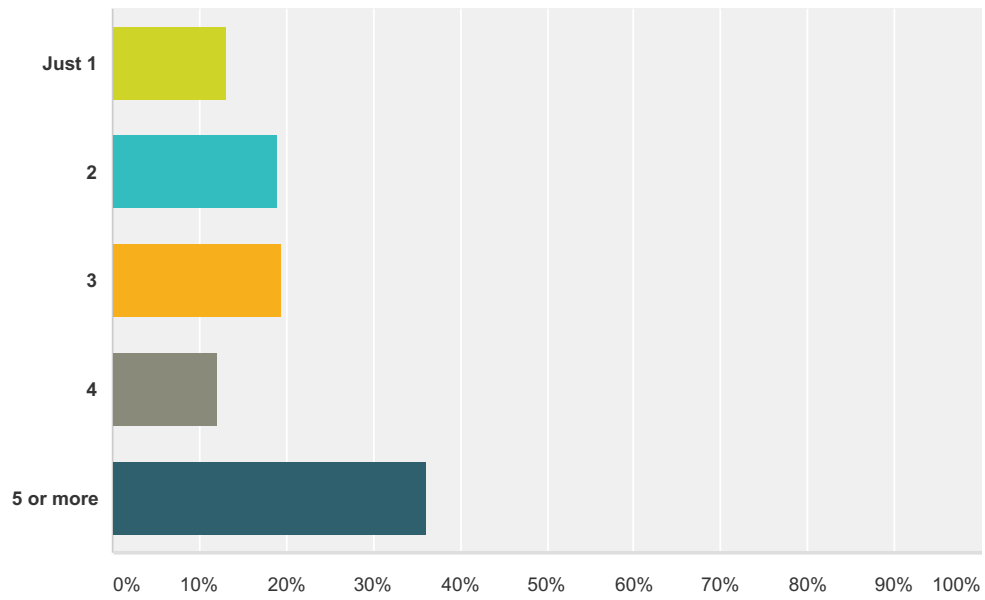


### Q1 How many doctors did you see before your fibromyalgia was diagnosed?

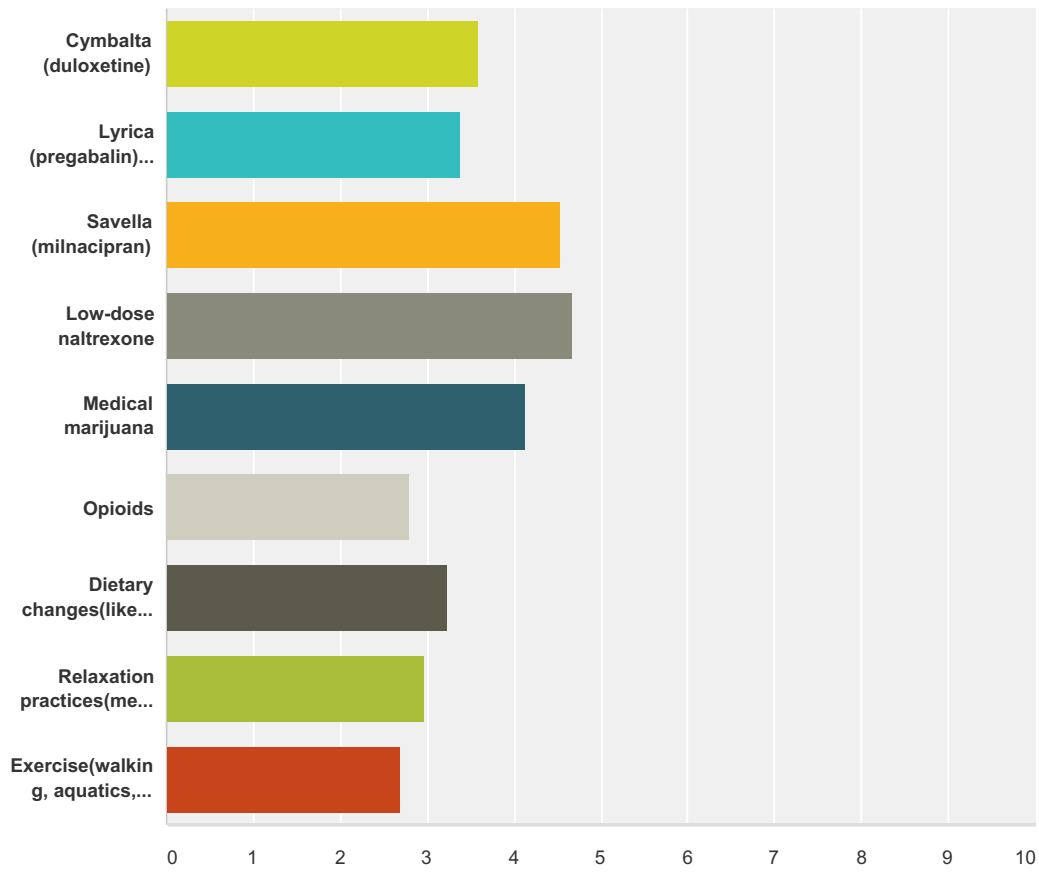
Answered: 1,442 Skipped: -1



Answer Choices	Responses
Just 1	13.25% 191
2	19.00% 274
3	19.49% 281
4	12.14% 175
5 or more	36.13% 521
<b>Total</b>	<b>1,442</b>

## Q2 How have the following therapies effected your fibromyalgia symptoms?

Answered: 1,442 Skipped: -1

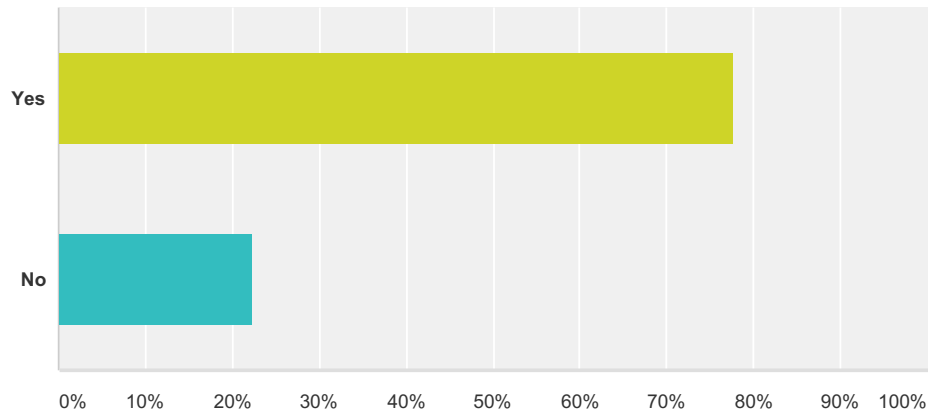


	A lot, Positively	Somewhat Positively	No effect at all	I couldn't use this treatment due to side effects (or physical limitations in the case of exercise)	I have never tried it	Total	Weighted Average
Cymbalta (duloxetine)	6.38% 92	17.13% 247	16.71% 241	29.75% 429	30.03% 433	1,442	3.60
Lyrica (pregabalin) or Neurontin (gabapentin)	7.56% 109	22.82% 329	15.53% 224	32.66% 471	21.43% 309	1,442	3.38
Savella (milnacipran)	2.29% 33	3.47% 50	7.63% 110	12.62% 182	73.99% 1,067	1,442	4.53
Low-dose naltrexone	1.53% 22	2.84% 41	6.80% 98	5.06% 73	83.77% 1,208	1,442	4.67
Medical marijuana	14.49% 209	7.84% 113	1.60% 23	2.43% 35	73.65% 1,062	1,442	4.13
Opioids	21.98% 317	35.51% 512	8.32% 120	9.43% 136	24.76% 357	1,442	2.79
Dietary changes (like going gluten free or dairy free, vegetarian, paleo, etc.)	6.87% 99	27.46% 396	33.15% 478	1.11% 16	31.41% 453	1,442	3.23

Relaxation practices(meditation, yoga, Tai chi, flotation therapy, etc.)	<b>7.35%</b> 106	<b>42.37%</b> 611	<b>20.94%</b> 302	<b>6.03%</b> 87	<b>23.30%</b> 336	1,442	2.96
Exercise(walking, aquatics, etc.)	<b>7.91%</b> 114	<b>44.66%</b> 644	<b>19.83%</b> 286	<b>25.17%</b> 363	<b>2.43%</b> 35	1,442	2.70

### Q3 Would you try (or have you tried) medical marijuana if it were legal in your state?

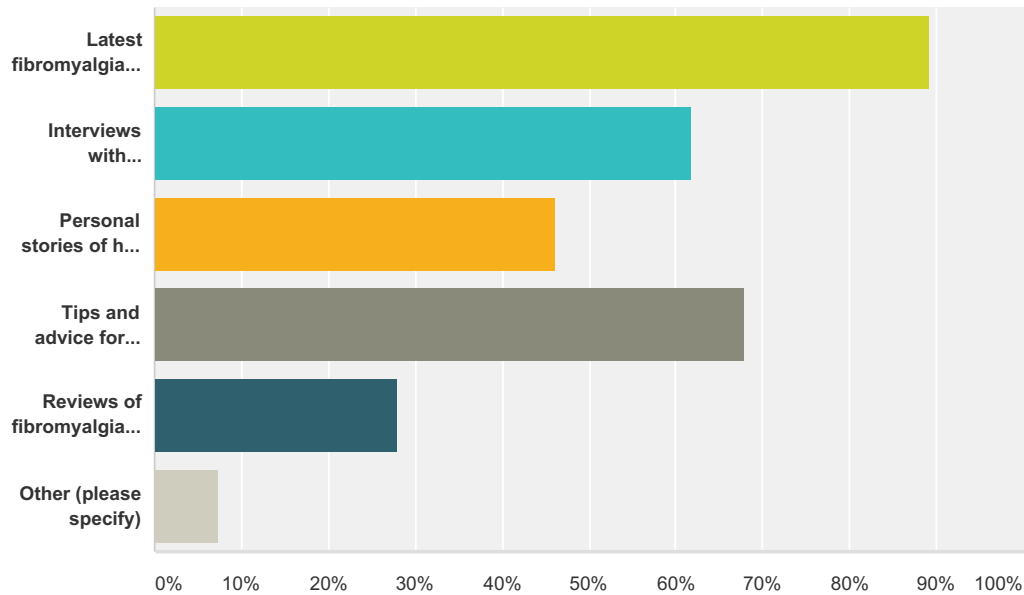
Answered: 1,442 Skipped: -1



Answer Choices	Responses	
Yes	77.67%	1,120
No	22.33%	322
<b>Total</b>		<b>1,442</b>

### Q4 National Pain Report is looking to increase its coverage of fibromyalgia. Which 3 following topics interest you the most?

Answered: 1,442 Skipped: -1



Answer Choices	Responses
Latest fibromyalgia research and treatments	89.11% 1,285
Interviews with fibromyalgia physicians, researchers, authors and other experts	61.72% 890
Personal stories of how others are managing their fibromyalgia	46.12% 665
Tips and advice for managing fibromyalgia	67.82% 978
Reviews of fibromyalgia-related books and products	28.02% 404
Other (please specify)	7.21% 104
<b>Total Respondents: 1,442</b>	

#	Other (please specify)	Date
1	How to find a Geriatrician because they are trained in special health issues, not just for older people anymore.	5/24/2016 9:53 AM
2	Alternative and new pain treatments	5/24/2016 7:44 AM
3	Access to medical marihuana	5/23/2016 11:22 PM
4	medicina! cannabis	5/23/2016 8:12 PM
5	Looking specifically at medication allergies - in chronic pain they took away my med that worked. I am allergic to all of the others.	5/23/2016 7:45 PM
6	Tips and advice are nice, but it seems to be the same generic tips everywhere. Unique tips and advice that actually works would be great!	5/23/2016 3:32 PM
7	I used rubbing alcohol mixed with marajuana oil on my entire body and it worked better than opioids for getting rid of the pain for a long period of time. It takes about an hour and a half to soak in , but the pain relief is amazing	5/23/2016 7:01 AM
8	Holistic approach.	5/22/2016 6:05 AM

9	How to get help with financial issues for treatments.	5/22/2016 4:36 AM
10	Having doctors understand without educating them and acceptance	5/21/2016 10:57 PM
11	There are no experts.	5/21/2016 8:26 PM
12	Dealing with pain med refusal by the drs - addiction	5/21/2016 6:59 PM
13	Diet,supplements,meditation,spirituality etc	5/21/2016 6:51 PM
14	Research the links on why people with Fibromyalgia have so many other diagnosis are alike and what it has to do with Fibromyalgia.	5/21/2016 6:35 PM
15	Real people study group I volunteer	5/21/2016 3:51 PM
16	I like having this Facebook support group and would like more info on acupuncture...!!	5/21/2016 11:58 AM
17	what meds help with pain and exhaustion?	5/21/2016 11:46 AM
18	How to cope with fibro naturally (yoga, herbs etc)	5/21/2016 10:33 AM
19	More pharmacologic treatments and awareness	5/21/2016 8:18 AM
20	Legalizing medical marijuana.	5/21/2016 8:11 AM
21	Identification of doctors willing to manage fibromyalgia patients	5/21/2016 7:07 AM
22	Homeopathic remedies for fibromyalgia	5/21/2016 4:23 AM
23	Available Resources by City, Mamong Connections (w/o being 'Sold' ...)	5/21/2016 12:03 AM
24	How much it increases over the years adding more illnesses!	5/20/2016 11:41 PM
25	(medical marijuana) does help the pain..... pills did not work...but Live in N.J. and live in a smoke free building...	5/20/2016 6:58 PM
26	Doctors willing to allow patient use marijuana.	5/20/2016 5:47 PM
27	More awareness and info on disability services	5/20/2016 5:03 PM
28	Doctors actually wanting to help you figure out where exactly the pain stems from and actively having their (Dr.'s) references..Internet access ..a WILLINGNESS to actual find the problem not to say oh its this here's some anti inflammation meds ..see you in 3 months time...	5/20/2016 4:49 PM
29	Options for pain relief for people who suffer fibro along with other disabilities	5/20/2016 3:58 PM
30	finding physician who knows something about fibromyalgia	5/20/2016 3:43 PM
31	the testimony of a Neurologist with FM.	5/20/2016 1:45 PM
32	Info on why opioids are not a good treatment for fibro	5/20/2016 12:02 PM
33	more tv coverage	5/20/2016 6:06 AM
34	legalization of medical marijuana in WV	5/20/2016 5:41 AM
35	recognition	5/20/2016 2:20 AM
36	Ways to promote awareness to friends, family, co-workers	5/19/2016 8:55 PM
37	Research	5/19/2016 8:10 PM
38	Reports from people using marijuana oil in lotion!	5/19/2016 7:21 PM
39	Some how teaching others to at be empathetic or understanding not trying to fix me. I do that enough for myself.	5/19/2016 5:57 PM
40	Tips for working full time with Fibromyalgia	5/19/2016 5:04 PM
41	When the latest cure is available	5/19/2016 3:09 PM
42	Drs try different meds - but they do t know the feeling and ea h person is different in how their body can tolerate pain and meds -	5/19/2016 2:12 PM
43	Just find a cure - not interested in hearing others whine and rant about their lives	5/19/2016 1:27 PM
44	Drs that treat it	5/19/2016 1:07 PM
45	A specific list of fibromyalgia doctors by state	5/19/2016 12:52 PM

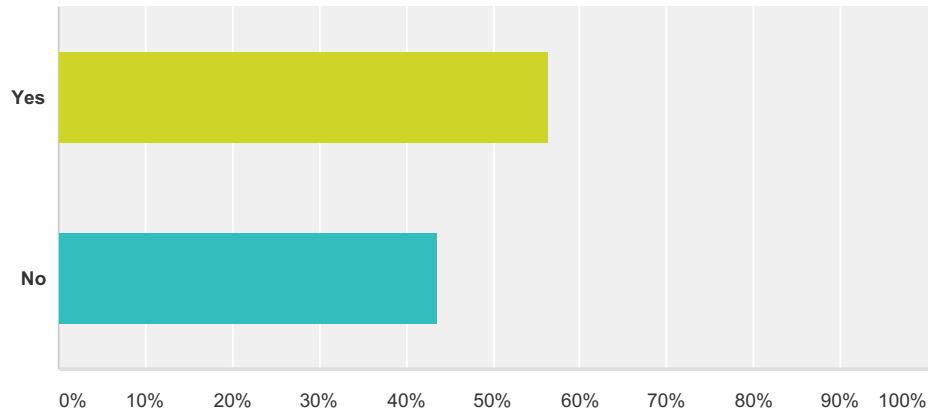
46	Changing the mindset of Legislative bodies who believe that keeping opioids from legitimate patients. This is outrageous	5/19/2016 12:15 PM
47	A push by organizations that advocate for folks with chronic pain to have alternative therapies, such as acupuncture, to be covered by insurance, especially Medicare/Medicaid.	5/19/2016 11:01 AM
48	New drugs	5/19/2016 10:53 AM
49	Marijuana treatment	5/19/2016 10:50 AM
50	educating the government on allowing treatment for chronic pain	5/19/2016 10:13 AM
51	Research for medical marijuana	5/19/2016 10:11 AM
52	Updating info in the political process of fibromyalgia for example : social security now considers fibromyalgia a legal disability, CDC changing opioid guidelines	5/19/2016 9:07 AM
53	Awareness to encourage more research	5/19/2016 8:58 AM
54	to be heard by my doctors who look down on me and don't believe I should get pain help	5/19/2016 7:59 AM
55	Medicinal cannabis and fibromyalgia	5/19/2016 7:34 AM
56	Educating doctors	5/19/2016 6:00 AM
57	Support groups	5/19/2016 5:54 AM
58	Highlight various marijuana strains and how they benefit the fibromyalgia patient. Stop aiding/allowing the pharmaceutical industry to push harmful drugs.	5/19/2016 4:47 AM
59	Referrals to Fibro doctors !	5/19/2016 12:42 AM
60	Nothing else interests me, the interviews don't even interest me!	5/18/2016 11:46 PM
61	treatment of depression associated with chronic pain as well as suicide prevention due to Opioids being taken away & quality of life diminishing .	5/18/2016 8:21 PM
62	Information & training for doctors so we can actually get support & help.	5/18/2016 3:07 PM
63	Interviews with congressional members and those who are attacking access to opioids for care-DEA,FDA &CDC	5/18/2016 10:25 AM
64	More recognition of the all-consuming fatigue	5/18/2016 1:49 AM
65	Help for fatigue	5/18/2016 1:47 AM
66	medical mmj	5/17/2016 10:42 PM
67	research on causes and cures	5/17/2016 9:10 PM
68	ways to get relief from the pain without Rx..	5/17/2016 7:47 PM
69	Association/connection with Ankylosing spondylitis and osteoarthritis	5/17/2016 5:27 PM
70	I have found & gotten great results from Dr Axe advice. His Vitamins and supplements for fibro have helped! He has a web site.	5/17/2016 12:21 PM
71	Medical marijuana	5/17/2016 9:48 AM
72	Marjuana	5/17/2016 5:28 AM
73	Info on medical trials	5/15/2016 2:35 AM
74	coping with fibromyalgia mentally	5/14/2016 2:49 PM
75	Medical marijuana	5/14/2016 12:48 PM
76	Latest on pain management available	5/14/2016 8:21 AM
77	New medications	5/14/2016 6:50 AM
78	Make a documentary with physicians and real patients getting interviewed.	5/13/2016 11:14 PM
79	Fibro/CFS/ME connection	5/13/2016 8:06 PM
80	Further and formalized consideration of the mental/emotional/spiritual aspects, correlations, risk factors, and so forth	5/13/2016 7:19 PM
81	Find out if Fibromyalgia pain will subside if severe chronic pain issue is resolved with nerve block device	5/13/2016 5:35 PM
82	None medicinal sleep help	5/13/2016 3:38 PM

83	New medications	5/13/2016 9:54 AM
84	Post traumatic fibro issues	5/13/2016 8:11 AM
85	Making medical marijuana legal and a Ford able in every state	5/13/2016 7:29 AM
86	Dealing with fibro as well as other disabilities like CRPS, CFS,DDD,CPS,TMJ and more when the medication that works is being taken away due to the government.	5/13/2016 4:26 AM
87	drug info	5/13/2016 1:10 AM
88	Medical coverage for alternative therapies	5/12/2016 10:15 PM
89	Natural & alternative treatments	5/12/2016 6:22 PM
90	Some way to publicize the difficulty FM patients have in finding doctors willing to work with us, willing, maybe, to prescribe opiates if all else has failed. I also want to know if this is an EPIDEMIC. When I was young I never knew or even knew of anyone with FM. Now I know, and meet, people who have it all the time.	5/12/2016 4:14 PM
91	more research with medical marijuana & also with THC content	5/12/2016 1:28 PM
92	Fibromyalgia treatment in other countries.	5/12/2016 12:17 PM
93	Reports on general chronic pain issues, including Fibromyalgia, but not limited to just Fibro.	5/12/2016 12:11 PM
94	herbal help	5/12/2016 10:17 AM
95	Had it for 40 years, anything that reflects a cure.	5/12/2016 9:55 AM
96	Non preachy, non judgmental, personal stories, but not all success stories because it just doesn't happen that often so it makes the rest of us who try the protocols feel like failures for not getting better.	5/12/2016 9:09 AM
97	Educating all medical providers to dispell misconceptions about fibromyalgia and fibromyalgia patients	5/12/2016 8:47 AM
98	an unbiased review/study of the value of opioid and fibro. Medication listed above vs opioids and the harm on organs taken long term. I have been on oxycontin since it was released. Same dose with no harm to my body. The first time I tried Lyrica the side affects were terrible. I do not trust the drugs that are new. I see that people are against opioids and there are no studies that has a reason why there not accepted. They can't do that study because they don't have the answer as to what fibromyalgia is, just conjecture. I am 71 yrs old and have lots of experience; FM runs in my family.	5/12/2016 8:21 AM
99	Misdiagnosed/mistreated Fibro actually being something else	5/12/2016 7:58 AM
100	Spread awareness in the medical community (have had horrible + traumatic experiences with Doctors, "Specialists", health "care" providers and the ER)!	5/12/2016 7:39 AM
101	ways to get fibromyalgia covered as a disability; ways to get alternative treatments such as massage covered by insurance, and ways to get the general public and doctors to understand we are not making the disease up and it may not be related to some trauma, etc. that is just maybe a physical disease.	5/12/2016 7:08 AM
102	People that also take meds that I do and what they use	5/12/2016 5:49 AM
103	How there are other conditions not separated out link CMPD. I have FM dx but all meds for FM as CNS psychological illness don't work. Cymbalta and Savella made pain worse as my heart rate skyrockets. FM is different from chronic myofascial pain and dysfunction. (See Travell and Simons initial work, now Devin Starlynal and others). I have a FM dx but it doesn't fit. CMPD MUST be separated. I have a doctor who doesn't acknowledge the difference but treats the differences. I have PT who acknowledges and treats the difference through dry needling. If didn't, I'd be hopeless. SO many people only get the FM dx (which is still somewhat wastebasket dx and treated as psychological). I was nowhere near depressed when I started getting the pain. Years of pain can cause depression and this needs to be recognized, not the other way around. Of, course I'm going to get unhappy when years of pain aren't addressed, stigmatized and take away a life. It's not always depression first. Primarily, though CMPD must be acknowledged, separated from FM and treatment taught in basic medical education.	5/12/2016 5:19 AM
104	Marijuana treatment	5/12/2016 4:51 AM



### Q5 Have you been able to find a fibromyalgia doctor who takes your condition seriously and gives you appropriate treatment?

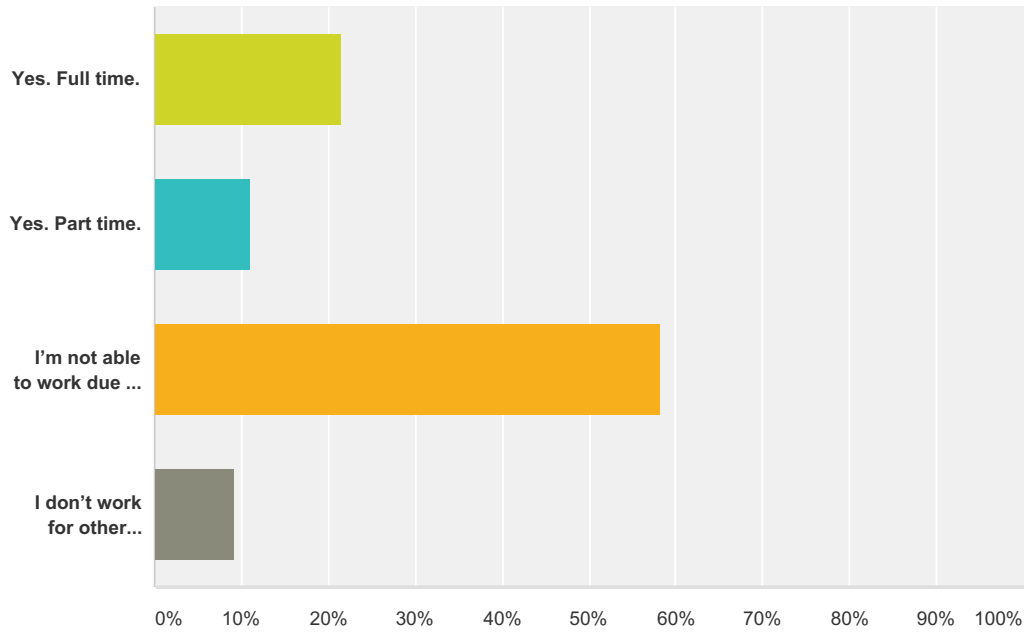
Answered: 1,442 Skipped: -1



Answer Choices	Responses
Yes	56.38% 813
No	43.62% 629
<b>Total</b>	<b>1,442</b>

### Q6 Are you employed?

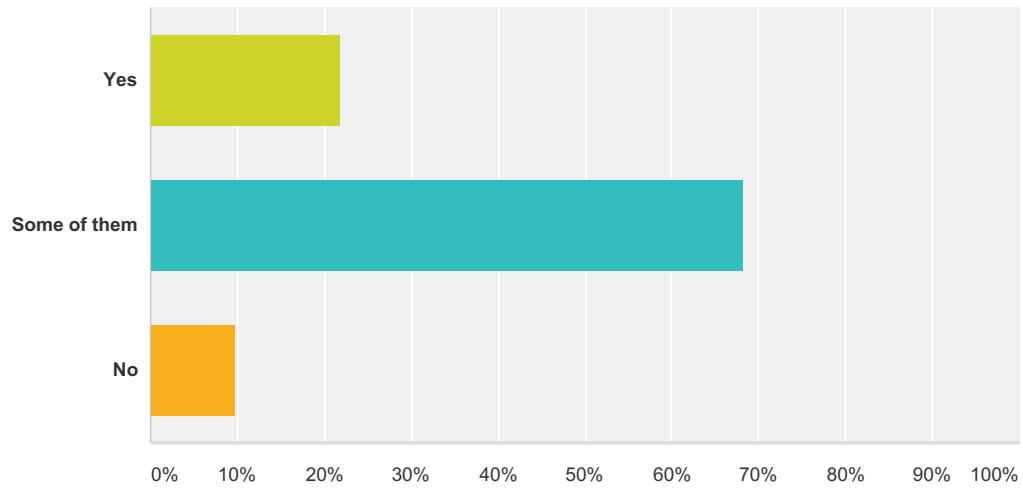
Answered: 1,442 Skipped: -1



Answer Choices	Responses
Yes. Full time.	21.50% 310
Yes. Part time.	11.17% 161
I'm not able to work due to health reasons.	58.25% 840
I don't work for other reasons.	9.08% 131
<b>Total</b>	<b>1,442</b>

### Q7 Are your family and friends understanding and supportive of your health challenges?

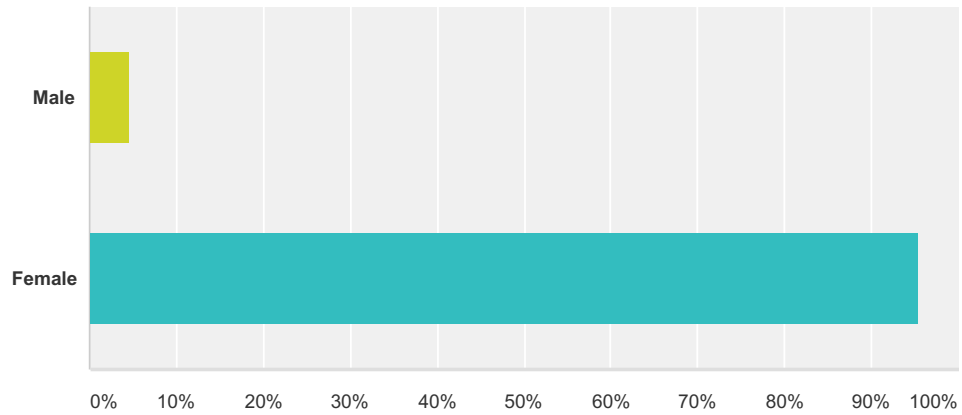
Answered: 1,442 Skipped: -1



Answer Choices	Responses
Yes	21.84% 315
Some of them	68.31% 985
No	9.85% 142
<b>Total</b>	<b>1,442</b>

### Q8 What is your gender?

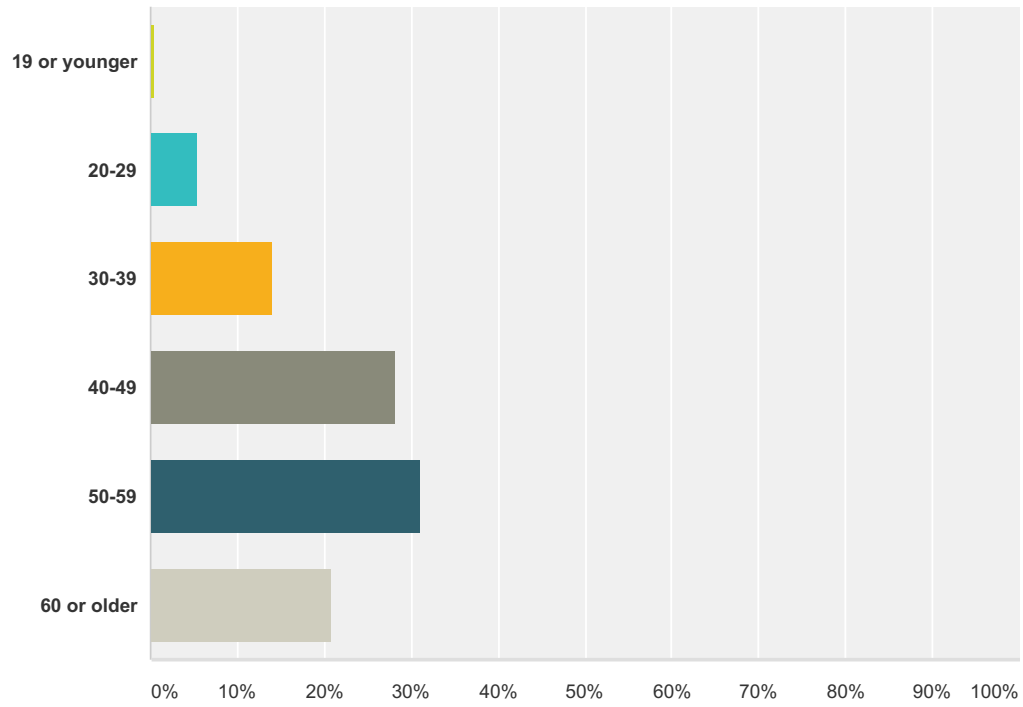
Answered: 1,442 Skipped: -1



Answer Choices	Responses
Male	4.51% 65
Female	95.49% 1,377
<b>Total</b>	<b>1,442</b>

### Q9 What is your age?

Answered: 1,442 Skipped: -1



Answer Choices	Responses	Count
19 or younger	0.35%	5
20-29	5.48%	79
30-39	13.94%	201
40-49	28.16%	406
50-59	31.14%	449
60 or older	20.94%	302
<b>Total</b>		<b>1,442</b>