

IMPACT OF EATING HABITS ON THE MANAGEMENT OF FIBROMYALGIA

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INTRODUCTION

Fibromyalgia (FM) is a complex and multifactorial rheumatological syndrome characterized by musculoskeletal pain and chronic fatigue, especially common in women between 20 and 50 years old. The etiology of FM is diverse, so that lifestyle, in particular the adoption of a diet rich in tryptophan, is an important factor for the favorable evolution of the clinical picture of this disease. Therefore, a balanced and personalized diet for managing FM symptoms plays a fundamental role in the management of this pathology, capable of significantly affecting quality of life.

METHODOLOGY

The study consists of a bibliographic review about the influence of nutrition on FM management, presenting the terms “fibromyalgia”, “impact”, “nutrition” and “management” as keywords for the inclusion criteria for articles and references. This is an integrative review of the literature, carried out in September 2023, with a search for bibliographic materials, using the following database: SCielo and PubMed. In the end, 4 articles were selected.

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OBJECTIVE

To review the association between eating habits and clinical manifestations of FM. Discussion: Studies have shown the association between a balanced and healthy diet with positive repercussions in reducing the severity of FM symptoms. The main diets are vegetarian, vegan, Mediterranean and low FODMAP (oligosaccharides, disaccharides, monosaccharides and fermentable polyols). Furthermore, it appears that the use of non-pharmacological strategies, such as specific micronutrient supplementation and dietary intervention, have great anti-inflammatory properties and can improve patients' quality of life, reducing the pain caused by this disease. However, there is not enough evidence for a single nutritional intervention. Therefore, replacing nutritional deficiencies in support of a balanced and anti-inflammatory intake is, therefore, the best option to improve the quality of life of FM patients.

CONCLUSION

Fibromyalgia is a complex disease with a profound impact on patients' lives. Therefore, understanding the relationship between food and FM symptoms is extremely important for management, so that balanced and anti-inflammatory diets, such as Mediterranean and vegetarian ones, provide relief and greater well-being to patients.