

**First Blood Test for Fibromyalgia Could Provide Answers and Validation**  
*Researchers say lab test appears to diagnose the disease with near 100% accuracy*

The Ohio State University Wexner Medical Center

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**NEWS PACKAGE**

<b>SUGGESTED TEASE</b>	MILLIONS LIVING WITH THE CONSTANT PAIN OF FIBROMYALGIA ARE FIGHTING FOR ANSWERS AND RELIEF FROM THE OFTEN MISDIAGNOSED CONDITION. COMING UP, A NEW BLOOD TEST THAT COULD FINALLY GIVE THESE PATIENTS SCIENTIFIC PROOF OF THEIR DISEASE.
<b>ANCHOR LEAD</b>	AT LEAST FOUR MILLION AMERICANS SUFFER WITH THE DAILY PAIN AND FATIGUE OF FIBROMYALGIA <sup>1</sup> , BUT BECAUSE TRADITIONAL LAB TESTS CAN'T IDENTIFY THE CONDITION, DIAGNOSIS AND TREATMENT CAN BE A DIFFICULT ROAD FILLED WITH TRIAL AND ERROR. BUT NOW RESEARCHERS HAVE FINALLY DEVELOPED A LABORATORY TEST <sup>2</sup> WITH THE POTENTIAL TO GIVE FIBROMYALGIA PATIENTS CONCRETE ANSWERS AND LONG-AWAITED RELIEF.
<b>(PACKAGE START) -----</b>	
<b>CG: Courtesy: The Ohio State University Wexner Medical Center</b> :00 - :03 Shots of Barb in exam with Dr. Hackshaw	(Nats - Sound) :02
<b>CG: Barb Hartong</b> <b>Has fibromyalgia</b>  Shots of Barb and Dr. Hackshaw in exam	AFTER EXPERIENCING UNEXPLAINED, FULL-BODY PAIN, BARB HARTONG WAS DIAGNOSED WITH FIBROMYALGIA. :05  <i>"It was almost a relief because I finally knew what was wrong with me."</i> :05
<b>CG: Dr. Kevin Hackshaw</b> <b>Ohio State Wexner Medical Center</b>	EXPERTS ESTIMATE ABOUT SEVENTY-FIVE PERCENT OF FIBROMYALGIA CASES ARE UNDIAGNOSED, WHILE OTHERS LIVE WITH PAIN FOR YEARS, OFTEN RECEIVING TREATMENT THAT'S INEFFECTIVE OR EVEN HARMFUL. :10  <i>"Many of the patients with chronic opiate use turn out to have underlying fibromyalgia. So in fact, if that was recognized then we could realize that we can stem the tide of treating them inappropriately with opiates."</i> :14

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<p>Shots of Dr. Hackshaw preparing blood sample card for lab</p>	<p>NOW, RESEARCHERS AT THE OHIO STATE UNIVERSITY WEXNER MEDICAL CENTER HAVE, FOR THE FIRST TIME, IDENTIFIED A POTENTIAL TEST TO DIAGNOSE FIBROMYALGIA WITH JUST A FEW DROPS OF BLOOD.</p>
<p>Shots of Dr. Rodriguez-Saona and lab assistant</p>	<p>DOCTOR KEVIN HACKSHAW LED THE STUDY IN A UNIQUE COLLABORATION BETWEEN RHEUMATOLOGISTS AND OHIO STATE'S FOOD SCIENCE LABORATORY. :16</p>
<p><b>CG: Luis Rodriguez-Saona, PhD</b> Ohio State Department of Food Science and Technology</p>	<p><i>"We use infrared in many companies to determine protein, fat, moisture, starch levels, fiber in seconds."</i> :11</p>
<p>Shots of blood sample being processed</p>	<p>RESEARCHERS FOUND THAT THIS TEST CAN ANALYZE LEVELS OF CHEMICALS IN THE BLOOD THE SAME WAY IT ANALYZES MOLECULES IN FOOD.</p>
<p>Shots of blood sample computer analysis</p>	<p>THIS FINGERPRINTING TECHNIQUE CAN DISTINGUISH FIBROMYALGIA FROM OTHER CHRONIC PAIN CONDITIONS WITH NEAR ONE HUNDRED PERCENT ACCURACY. :13</p>
<p>Shots of Dr. Rodriguez-Saona viewing analysis on computer in lab</p>	<p><i>(Nats in lab explaining analysis) "The brown colored squares, these belong to the fibromyalgia, the red ones are rheumatoid arthritis and the green ones are lupus."</i> :13</p>
<p><b>Dr. Hackshaw (CG'd earlier)</b></p>	<p><i>"A test like this provides confirmation and validation of the symptoms they've been suffering for years."</i> :09</p>
<p>Shots of Barb in water aerobics class</p>	<p>FOR BARB, IT MEANS MANAGING HER FIBROMYALGIA WITH A DAILY ROUTINE THAT WORKS FOR HER. :05</p>
<p><b>Barb Hartong (CG'd earlier)</b></p>	<p><i>"It's not just giving me a pill, it's how do I live? For me, it's exercise."</i> :06</p>
<p>Shots of Barb doing water aerobics <b>(PACKAGE END)</b> -----</p>	<p>AT THE OHIO STATE WEXNER MEDICAL CENTER, THIS IS BARB CONSIGLIO REPORTING. :03</p>
<p><b>ANCHOR TAG</b></p>	<p>RESEARCHERS ARE NOW WORKING TO STUDY THE BLOOD TEST IN A LARGER GROUP OF PATIENTS, IN HOPES OF ONE DAY TAKING IT OUT OF THE LAB AND INTO THE EXAM ROOM, WHERE DOCTORS COULD DIAGNOSE FIBROMYALGIA ON THE SPOT.</p>
	<p>THE BIOLOGIC CHARACTERISTICS IDENTIFIED BY THE TEST MAY ALSO HELP RESEARCHERS DEVELOP NEW TREATMENTS FOR FIBROMYALGIA IN THE FUTURE.</p>

## SOCIAL MEDIA

<p> <b>Share it! Suggested tweet:</b></p>	<p>Millions living with fibromyalgia often struggle to get an accurate diagnosis and effective treatment. But a new experimental test developed by researchers at <a href="#">@OSUWexMed</a> is the first to provide biologic proof of the disease and can identify it with near 100% accuracy. <a href="http://bit.ly/2O1pjk4">http://bit.ly/2O1pjk4</a></p>
<p> <b>Suggested post:</b></p>	<p>Diagnosing fibromyalgia can be a long and difficult process. But those living with the disease may soon get the answers they've been waiting for. Researchers at <a href="#">The Ohio State University Wexner Medical Center</a> have shown that a blood test can accurately diagnose fibromyalgia, the first biologic proof of the condition and one that could also lead to new treatments. <a href="http://bit.ly/2O1pjk4">http://bit.ly/2O1pjk4</a></p>

## EXTRA BITES

<p><b>CG: Dr. Kevin Hackshaw</b> Ohio State Wexner Medical Center</p>          <p><b>CG: Luis Rodriguez-Saona, PhD</b> Ohio State Department of Food Science and Technology</p>	<p>Hackshaw says spectroscopy is a fingerprinting technique: <i>"Spectroscopy really allows us to fingerprint one individual versus another, and then we can direct our treatment based on that spectroscopy fingerprint."</i></p> <p>Hackshaw says the study found clear differences between conditions: <i>"This study has found clear differences between fibromyalgia, rheumatoid arthritis, osteoarthritis and lupus patients."</i></p> <p>Hackshaw says the test can help avoid improper treatment: <i>"This type of diagnostic technology can be very powerful in allowing us to save lots of healthcare dollars and avoid inappropriately treating patients who don't need a particular type of treatment."</i></p> <hr/> <p>Rodriguez-Saona says the test accurately identifies fibromyalgia: <i>"We have been able to now support in large numbers that, indeed, our technique can separate those individuals that suffer from fibromyalgia from individuals with other rheumatology disorder."</i></p> <p>Rodriguez-Saona says the test separates different conditions: <i>"It will collect the spectra, goes through the chemometrics and will give you an output, which is has fibromyalgia, has rheumatoid arthritis, osteoarthritis, lupus."</i></p> <p>Rodriguez-Saona explains what the computer analysis shows: <i>"The intensity of the bands are going to be different, so that's what we're going to be using in the statistical analysis to identify those differences."</i></p>
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**CG: Barb Hartong**  
**Has fibromyalgia**

Barb says her doctor ruled out other diseases before diagnosis:  
*"He did run some blood work and rule out several possible diseases and said to me, 'Well, you don't have...' you know, the ones he had done the blood work for. But he said, 'I think you might have fibromyalgia.' I didn't even know what that meant."*

Barb says she needed to manage her pain to stay active in life:  
*"The grandchildren were starting to come, and I really wanted to be an active part of their lives. I also have a lot of things I've wanted to do. You know that bucket list that everybody talks about? Well, I have one too."*

### References

<sup>1</sup>*What is Fibromyalgia?* **National Fibromyalgia and Chronic Pain Foundation.** Online:  
<https://www.fmcpaware.org/aboutfibromyalgia.html>

<sup>2</sup>*Metabolic fingerprinting for diagnosis of fibromyalgia and other rheumatologic disorders,* **Journal of Biological Chemistry**, IVolume 294, Issue 7, Feb. 15, 2019. Online:  
<http://www.jbc.org/content/294/7/2555>.

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**MEDIA  SOURCE**

1800 West 5th Ave.

Columbus, Ohio 43212

Phone: (614) 932-9950 Fax: (614) 932-9920

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