

# FIBROMYALGIA

**What are the thoughts and recommendations in Belgium based on the collective expertise of Inserm in France?**

**Symposium on Saturday 25th of September**

**9 : 00 – 17 : 30**

**Auditorium « Socrate » - Louvain-le Neuve – Belgium**

Organised by :

- the Belgian Society of Pain,
- the Institute of Neuroscience, the Faculty of the Science of Motricity, and the Multidisciplinary Centre for Chronic Pain of the UCL University (University of Louvain-la-Neuve, Belgium),
- « Pole expertise collective INSERM »
- Focus Fibromyalgie Belgique

## PROGRAMME

### 08:30-09:00 : WELCOME

### 9:00-9 :30 : INTRODUCTION

Prof. André Moureaux (president of BPS and IoNS), Prof. Marc Francaux (Head of FSM Faculty), Dr Etienne Masquelier (Interaction Inserm and Multidisciplinary Center for Chronic Pain of the UCL University), Mrs Nadine Chard'Homme (President of Focus Fibromyalgie Belgique)

### 9:30-10:30 : Epidemiology, Diagnosis and Differential Diagnosis

Moderation : Pr. André Mouraux and Dr Etienne Masquelier

- **9:30-10:00 : Epidemiology of fibromyalgia**  
Pr. Yves Roquelaure – INSERM Institute for Health Research, environment and Work, CHU Angers
- **10:00-10:20 : Diagnosis of fibromyalgia and of chronic diffuse pain: between complexity and heterogeneity**  
Pr. Françoise Laroche – Centre for evaluation and treatment of pain, St Antoine Hospital, Paris.
- **10:20-10:30 : Questions**

### 10:30-11:00 : COFFEE BREAK

### 11:00-11:50 : ETHIOPATHOGENIC MECHANISMS

Moderation : Pr. André Mouraux and DR Etienne Masquelier

- **11:00-11:30 : Neurobiology of chronic pain in fibromyalgia and biomarkers**  
Pr Didier Bouhassira, Inserm Unity 987 – Physiopathology and clinical pharmacology of pain
- **11:30-11:50 : Non-invasive neuroimager and neuromodulation in fibromyalgia**  
Pr. Ron Kupers, Panum Institute, Faculty of Health and Medical Sciences, University of Copenhagen
- **11:50-12:00 : Questions**

## **12 :00-12 :50 : COGNITIVE PROBLEMS AND SLEEP**

Moderation : Mrs Annabel Wunsch and Mrs Nadine Chard'Homme

- **12:00-12:20 : Cognitive disturbances in fibromyalgia**  
Pr Baudic, Inserm Unity 987 – Physiopathology and clinical pharmacology of pain
- **12:20-12:40 : Sleep disturbances and psychiatric problems in fibromyalgia**  
Pr. Hélène Bastuii, Wertheimer neurological Hospital, centre for research in neuroscience, Lyon
- **12 :40-12 :50 : Questions**

## **12 :50-13-45 : LUNCH**

## **13:45-15:00 : EVERYDAY LIFE**

Moderation : Pr. Philippe Mahaudens

- **13 :45-14 :05 : Physical deconditioning, quality of life and economical repercussions**  
Dr Etienne Masquelier
- **14 :05-14 :25 : Fibromyalgia and handicap : about the Swiss jurisprudence**  
Pr Cristina Ferreira, High School of Health, Vaud
- **14:25-14:45 : Fibromyalgia and work**  
Pr. Yves Roquelaure – INSERM Institute for Health Research, environment and Work, CHU Angers
- **14:45-15:00 : Questions**

## **15:00-15:15 : COFFEE BREAK**

## **15:15-16:00 : SOCIETAL DEBATE**

With political stakeholders, experts, patients, social actors

## **16:00-17:15 : THERAPEUTIC ASPECTS**

Moderation : Dr Arnaud Steyaert

- **16:00-16:20 : Medicinal approaches**  
Pr Gisèle Pickering, CHU Clermont-Ferrand
- **16:20-16:40 : Therapeutic education, exercises, multimodal approach, inter-disciplinary care**  
Dr Etienne Masquelier
- **16:40-17:00 : Psychosocial dimension and support**  
Mrs Annabel Wunsch
- **Questions**

## **17:15-17:30 : CONCLUSION AND CLOSING OF THE DAY**

Dr Masquelier

**The sanitary measures will be respected and the number of seats limited.**  
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