

Wang, H. *et al.*, "The Role of IL-8 in Patients with Fibromyalgia: A Prospective Longitudinal Study of 6 Months," *Clin J Pain* 25 (1) (2009): 1-4. PMID: 19158539

*(Note: IL-8 or Interleukin-8 is a chemical with an important role in the immune system.)*

**Methods.** IL-8 in sera was measured in 20 patients with FM undergoing pain treatment and 80 healthy participants at 4 fixed time points: at the beginning of the study, at 10 days, 21 days, and 6 months, respectively. Pain intensity, back function, depression, nicotine/alcohol consumption, and medication were assessed in the patient group and correlated with IL-8 levels.

**Results.** Before and during the inpatient therapy, the serum level of IL-8 was significantly higher in patients with FM compared with controls (P