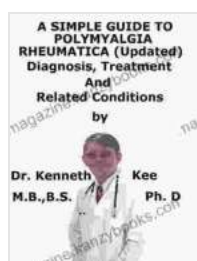


The Ultimate Guide to Polymyalgia Rheumatica: Diagnosis, Treatment, and Related Conditions

What is Polymyalgia Rheumatica?

Polymyalgia rheumatica (PMR) is a common inflammatory condition that affects people over the age of 50. It is characterized by pain and stiffness in the muscles around the shoulders, neck, and hips. PMR can also cause fatigue, weight loss, and depression.



A Simple Guide To Polymyalgia Rheumatica, (Updated) Diagnosis, Treatment And Related Conditions

by Kenneth Kee

★★★★☆ 4 out of 5

Language : English
File size : 1116 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 167 pages



PMR is thought to be caused by an overactive immune system. The immune system is designed to protect the body from infection, but in people with PMR, the immune system mistakenly attacks the body's own tissues. This inflammation can lead to pain, stiffness, and other symptoms.

Symptoms of Polymyalgia Rheumatica

The most common symptoms of PMR are:

* Pain and stiffness in the muscles around the shoulders, neck, and hips *
Fatigue * Weight loss * Depression * Loss of appetite * Morning stiffness *
Fever * Night sweats

Diagnosis of Polymyalgia Rheumatica

PMR is diagnosed based on the patient's symptoms and a physical examination. There is no specific blood test or imaging test that can diagnose PMR. However, your doctor may Free Download blood tests to rule out other conditions, such as rheumatoid arthritis or lupus.

Treatment of Polymyalgia Rheumatica

The most common treatment for PMR is prednisone, a corticosteroid medication. Prednisone can help to reduce inflammation and relieve pain and stiffness. Other medications that may be used to treat PMR include methotrexate, azathioprine, and leflunomide.

In some cases, physical therapy may be helpful in improving range of motion and reducing pain.

Related Conditions

PMR is often associated with other conditions, such as:

* Giant cell arteritis (GCA) * Temporal arteritis * Rheumatoid arthritis *
Lupus

GCA is a serious condition that can cause inflammation of the arteries in the head and neck. Temporal arteritis is a type of GCA that affects the arteries in the temples. Rheumatoid arthritis is an autoimmune disease that causes inflammation of the joints. Lupus is an autoimmune disease that can affect many different organs in the body.

Outlook for Polymyalgia Rheumatica

PMR is a chronic condition, but it can be managed with medication and lifestyle changes. Most people with PMR experience significant improvement in their symptoms within a few weeks of starting treatment. However, some people may experience symptoms for months or even years.

PMR can increase the risk of developing GCA, so it is important to see your doctor regularly for monitoring.

Lifestyle Changes for Polymyalgia Rheumatica

There are a number of lifestyle changes that can help to improve symptoms of PMR, including:

* Getting regular exercise * Eating a healthy diet * Maintaining a healthy weight * Quitting smoking * Reducing stress

Support for Polymyalgia Rheumatica

There are a number of support groups available for people with PMR. These groups can provide information, support, and encouragement.

The following are some of the most popular support groups for PMR:

* The Polymyalgia Rheumatica and Giant Cell Arteritis Society * The Arthritis Foundation * The National Institute of Arthritis and Musculoskeletal and Skin Diseases



A Simple Guide To Polymyalgia Rheumatica, (Updated) Diagnosis, Treatment And Related Conditions

by Kenneth Kee

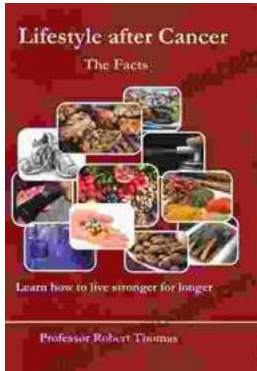
★★★★☆ 4 out of 5

Language : English
File size : 1116 KB
Text-to-Speech : Enabled
Enhanced typesetting : Enabled
Word Wise : Enabled
Lending : Enabled
Screen Reader : Supported
Print length : 167 pages



Loving Table: Creating Memorable Gatherings

Gatherings around the table are a time-honored tradition that brings people together to share food, laughter, and conversation. In her new...



Lifestyle After Cancer: The Facts

Cancer is a life-changing experience that can have a profound impact on your physical and emotional health. After treatment, you may be faced with a new set...