

# POLYMYALGIA RHEUMATICA

## WHAT IS POLYMYALGIA HEUMATICA?

Polymyalgia rheumatica (PMR) is a condition that is frequently linked to giant cell arteritis (GCA) ([link](#)). PMR occurs in about 50 % of patients who have GCA, while approximately 15% of patients with PMR develop GCA. There may be a common genetic component between the two disorders. PMR is almost exclusively a disease that affects older adults and is rarely diagnosed in people under the age of 50 years.

## SYMPTOMS

The signs and symptoms of polymyalgia rheumatica usually occur on both sides of the body and might include:

- Aches or pain in your shoulders
- Aches or pain in your neck, upper arms, buttocks, hips or thighs
- Stiffness in affected areas, particularly in the morning or after being inactive for a time
- Limited range of motion in affected areas
- Pain or stiffness in your wrists, elbows or knees

**You might also have more-general signs and symptoms, including:**

- Mild fever
- Fatigue
- A general feeling of not being well (malaise)
- Loss of appetite
- Unintended weight loss

## TREATMENT

Initial treatment most often starts with a dose of prednisone between 15 mg to 20 mg/day.