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.