



## what is Polymyalgia rheumatica?

Polymyalgia rheumatica (PMR) is an inflammatory disorder that mainly causes muscle pain and stiffness, especially in the shoulders, neck, hips, and thighs, and is most common in adults over 50 years old. <sup>[1] [2] [3]</sup>

### Key Features

- PMR typically presents with rapid-onset pain and stiffness in the shoulders and hips, often worse in the morning or after periods of inactivity. <sup>[2] [4] [1]</sup>
- Other symptoms can include mild fever, fatigue, weight loss, a general feeling of being unwell, and sometimes depression. <sup>[3] [4] [1]</sup>
- The stiffness can last more than 45 minutes in the morning and may make daily activities like dressing difficult. <sup>[5] [6] [3]</sup>

### Diagnosis and Causes

- The cause of PMR is unknown, but both genetic and environmental factors may play a role. <sup>[2] [3]</sup>
- It is associated with elevated markers of inflammation, such as erythrocyte sedimentation rate (ESR) and C-reactive protein (CRP). <sup>[4] [2]</sup>
- Diagnosis is based on symptoms, age, and blood tests for inflammation, but there is no specific test for PMR. <sup>[7] [4]</sup>
- PMR can coexist with giant cell arteritis, a vascular inflammatory disease; about 20% of people with PMR have this condition. <sup>[1] [4]</sup>

### Treatment

- The main treatment for PMR is a course of corticosteroids (such as prednisolone), usually prescribed for 12 months to 2 years, with the dose gradually reduced. <sup>[8] [3]</sup>
- Most patients respond quickly to steroids, often noticing significant symptom improvement within days. <sup>[8] [7]</sup>
- Long-term steroid use requires monitoring for side effects. <sup>[3] [7]</sup>

## Who Gets It

- PMR mostly affects people over 65 and is rare under age 50. <sup>[1] [3] [8]</sup>
- It is more common in women than men and more frequent in people of Northern European descent. <sup>[2] [8]</sup>

## Prognosis

- Symptoms often improve substantially with treatment, but chronic management and follow-up are usually needed. <sup>[7] [3]</sup>
- The condition sometimes resolves on its own over a year or two, but many need medication for longer periods. <sup>[3] [8]</sup>



1. <https://www.mayoclinic.org/diseases-conditions/polymyalgia-rheumatica/symptoms-causes/syc-20376539>
2. <https://www.ncbi.nlm.nih.gov/books/NBK537274/>
3. <https://www.nhs.uk/conditions/polymyalgia-rheumatica/>
4. <https://jamanetwork.com/journals/jama/fullarticle/2821247>
5. <https://versusarthritis.org/about-arthritis/conditions/polymyalgia-rheumatica-pmr/>
6. <https://rheumatology.org/patients/polymyalgia-rheumatica>
7. <https://pmc.ncbi.nlm.nih.gov/articles/PMC4954311/>
8. [https://en.wikipedia.org/wiki/Polymyalgia\\_rheumatica](https://en.wikipedia.org/wiki/Polymyalgia_rheumatica)
9. <https://utswmed.org/conditions-treatments/polymyalgia-rheumatica/>
10. <https://medlineplus.gov/polymyalgiarheumatica.html>
11. <https://vasculitisfoundation.org/education/vasculitis-types/polymyalgia-rheumatica/>
12. <https://www.arthritis.org/diseases/polymyalgia-rheumatica>
13. [https://www.osmosis.org/learn/Polymyalgia\\_rheumatica](https://www.osmosis.org/learn/Polymyalgia_rheumatica)
14. <https://my.clevelandclinic.org/health/diseases/25215-polymyalgia-rheumatica>