

# Polymyalgia Rheumatica: Where To Start

The five signs, the two blood tests that show inflammation, and what the first 48 hours of treatment tell your doctor.

✓ **Verified against published guidance** from NIAMS, Mayo Clinic & Cleveland Clinic · sources below

**Polymyalgia rheumatica is often found alongside giant cell arteritis. NIAMS says the aim in giant cell arteritis is preventing vision loss, and that it needs specialist care and higher corticosteroid doses. Mayo Clinic says untreated giant cell arteritis risks stroke or blindness. Any change in your vision is a same day medical call, not a next appointment question.**



## Do This

### Note Both Sides, Not One

- Shoulders, neck, upper arms
- Hips, thighs and buttocks
- The same on left and right

**COACH'S TIP** Mayo Clinic symptom list.

### Time Your Morning Stiffness

- Start a clock on waking
- More than 30 minutes
- Write the number down

**COACH'S TIP** Cleveland Clinic on duration.

### Ask For ESR And CRP

- Two inflammation blood tests
- Usually ordered together
- Ask for the actual numbers

**COACH'S TIP** NIAMS names both tests.

### Report The 48 Hour Change

- Note how day two feels
- Better, the same, or worse
- Tell your provider

**COACH'S TIP** Cleveland Clinic uses it.

### Protect Your Bones Early

- Enough calcium and vitamin D
- Weight bearing exercise
- Ask about bone medicine

**COACH'S TIP** NIAMS steps to take.

### Ask Before You Exercise

- Talk to a physical therapist
- Before any new programme
- Then build up slowly

**COACH'S TIP** NIAMS recommends this.



## Do Not

### Do Not Call It Ageing

- Stiffness over 30 minutes
- Fever, tiredness, weight loss
- All are listed symptoms

**COACH'S TIP** Mayo and Cleveland Clinic.

### Do Not Expect One Test

- No single test confirms it
- Exam plus blood work
- Imaging rules others out

**COACH'S TIP** NIAMS says so plainly.

### Do Not Stop Steroids Early

- The dose is tapered down
- Slowly, month by month
- Stopping is your doctor's call

**COACH'S TIP** Cleveland Clinic on tapering.

### Do Not Ignore Your Vision

- Giant cell arteritis overlaps
- Vision loss is the risk
- Same day care

**COACH'S TIP** NIAMS on prevention.

### Do Not Hide Side Effects

- Steroids have known ones
- Bone loss is among them
- Raise every single one

**COACH'S TIP** NIAMS steps to take.

### Do Not Plan For One Month

- Maintenance runs longer
- A year or possibly more
- Plan the follow up visits

**COACH'S TIP** NIAMS on duration.

## THE NUMBERS BEHIND THIS SHEET

Three figures worth knowing

**70 to 80** Ages it most often starts

**48 hours** When treatment usually shows

**2 to 3x** More likely, female at birth