

CLINICAL MANIFESTATIONS OF RHEUMATIC POLYMYALGIA

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Background

Polymyalgia rheumatica (PMR) is a chronic inflammatory disease that affects people older than 50 years. It causes joint and muscle pain and stiffness, mainly in the shoulder and hips. The diagnosis of PMR relies mainly on symptoms and signs combined with laboratory markers of inflammation.

Case report

The aim of this study was to present the clinical manifestations of patients who were treated for PMR at the Department of Clinical Immunology, Rheumatology and Pulmology of the Sveti Duh university Hospital in the period from 2021 to 2025. Patients diagnosed with PMR according to the EULAR/ACR classification criteria from 2012 were included in the study. A retrospective study was conducted based on the data collected by reviewing the available medical documentation. Descriptive statistics methods were used in the analysis of the results. A total of 7 patients with PMR were analyzed. The average age is 76 years, where the female gender predominates (71.43%). The most common manifestation of PMR was joint pain 87.71%, stiffness 57.14%, myalgia 28.57% and fever 28.57%. Three patients (42, 28%) were diagnosed with temporal arteritis (TA), everyone manifested with headache and visual disturbances. No malignant diseases were found in these patients. All patients were treated with glucocorticoids, followed by a rapid clinical response. Relapse occurred in 2 patients (28.57%).

Conclusion

PMR is a disease that appears in older age and is characterized by a good and rapid therapeutic response to glucocorticoid treatment. Polymyalgia rheumatica (PMR) and temporal arteritis (TA) are closely related rheumatic diseases and often occur in the same patient. The most common manifestations of PMR in our patients were joint pain, stiffness, myalgia and fever. By timely recognition of the most common clinical manifestations of PMR and considering the characteristic of a quick response to the use of glucocorticoids, we prevent complications of these disease.

Keywords: rheumatic polymyalgia, temporal arteritis