

OS02 **PMR** PMR hit me suddenly

PMR hit me suddenly, waking up one morning full of aches and pains and flu-like symptoms. These continued along with severe stiffness in my joints.

Not wanting to trouble the Doctor, and as we were in the middle of a stressful house move, I carried on and finally went for help to a physiotherapist who, after several visits (no improvement), informed me she could do no more.

I then went to see a Doctor who told me I had osteoarthritis and as I was about to go on a cruise to warmer climes "the sun will do you good".

The holiday was a disaster and ended up with me being in agony and had to use a wheelchair to get me through the airport.

Same day saw a different Doctor who was most sympathetic, ordered blood tests and arranged steroids once the results came to light.

Symptoms improved then but over three and a half years there have been many ups and downs and unpleasant side effects from the steroids. However I no longer take steroids so there is light at the end of the tunnel!