

What can I do to help?

Our services are completely free to everyone who needs our support.

If you would like to fundraise on behalf of PMR-GCA Scotland or would like to become more actively involved, please phone the Helpline in the first instance.

If you would like to make a donation, there is an online facility on our website or you can make a cheque payable to 'PMR-GCA Scotland' and send it to our registered address.

The help and support we offer does not replace the excellent services provided by NHS Scotland but we hope we complement them as we have more time to listen.



Why not call the Helpline and see if there is a Support Group near you?

PMR-GCA Scotland

Registered address:
7 Hamilton Place
PERTH
PH1 1BB

Web: www.pmrgcascotland.com
Email: Enquiry@pmrgcascotland.com
Facebook: PMR GCA SCOTLAND
Twitter: @PMRGCASCOTLAND

Patrons: Professor Bhaskar Dasgupta and Jean Miller (Founder)

**For people with
Polymyalgia
Rheumatica
&
Giant Cell
Arteritis**

**HELPLINE
0300 777 5090**

Registered Scottish Charity Number: SC037780

Polymyalgia Rheumatica

What is it?

Polymyalgia Rheumatica or PMR is a rheumatic condition of older people which affects twice as many females as males.

It is the most common inflammatory rheumatic disease in the over 50s.

It can start slowly with flu like symptoms or so suddenly that one morning you find you cannot get out of bed because you are so stiff and sore.

Diagnosis is difficult because other conditions, for example Rheumatoid Arthritis, have similar symptoms. Your doctor makes the diagnosis on the basis of a blood test and other factors.

Early morning stiffness, which eases as the day progresses, is a significant factor along with pain in the shoulders, thighs and pelvic area.

Research is ongoing.

Treatments

The most common initial treatment is Prednisolone, a steroid, which is reduced as quickly as possible because of the danger of osteoporosis. The treatment usually reduces the pain and stiffness quite quickly but is not always so good at alleviating the fatigue that continues for some people.

In many cases the condition disappears after around three years but in some cases it may take longer.

Our organisation plays an important role in delivering information and support to people with these debilitating conditions. Since we were founded in 2006, we have become an established source of help on the internet and through GPs referring patients.

The purpose of PMR-GCA Scotland is to share and learn from others' experiences and to publicise sources of information and help. By continually striving to raise awareness of this group of people, we aim to give research momentum and increase understanding within the medical profession.

What most with PMR and GCA want is information about the conditions. Our charity aims to provide this, along with any necessary help and support, through our Website, Helpline, Newsletter and local Support Groups.

Currently there is no known definitive cause or cure.

For more information please call the dedicated Scotland Helpline on 0300 777 5090 or visit our website www.PMRGCAScotland.com

Giant Cell Arteritis

What is it?

Giant Cell Arteritis (GCA) or Temporal Arteritis is a vasculitis (inflammation of the blood vessels) that affects much the same group of people as PMR.

The conditions can occur independently but around two in ten people with PMR go on to develop GCA.

GCA is characterised by severe headache, inflammation of the temporal arteries, scalp tenderness and sometimes jaw stiffness.

It must be treated swiftly with a higher dose of steroids than in PMR, because patients are at risk of permanently losing vision, or having a stroke.

Treatment may be started before the diagnosis is confirmed with a temporal artery biopsy or by ultra sound.

Consult a doctor urgently if you have PMR and you develop any of the following symptoms:

- Jaw pain when chewing;
- Sudden loss of vision or any other sudden visual problem in one or both eyes;
- Headache or scalp tenderness on one side of your head;
- Fever;
- Night sweats.