

Navigating PMR:

Flares

Recognize early signs of flares, what might trigger them, and how to respond quickly to regain control.



This guide is for general information only and does not replace advice from your doctor or care team. Always talk with your healthcare provider before making changes to your exercise, diet, or treatment plan.



NAVIGATING PMR: FLARES

Essential Guide for Everyday Management

What is a Flare?

A flare is when your polymyalgia rheumatica (PMR) symptoms suddenly get worse or return after a period of feeling better. You might notice increased pain, stiffness (especially in the morning), or fatigue. Flares can happen even when you're taking medication and doing everything right.

What Can Cause a Flare?

Several factors can contribute to flares that worsen your PMR symptoms. While flares lack clear causes, common ones include:

- Stress (physical or emotional)
- Illness or infection (like a cold or flu)
- Tapering steroids too quickly
- Overexertion or increased physical activity
- Lack of sleep or poor rest
- Changes in weather (especially cold, damp conditions)

What to Do If You Feel a Flare Coming On

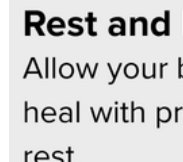
- Don't panic – flares are a normal part of managing PMR
- Track your symptoms – note when they started and what might have triggered them
- Rest more – give your body extra time to recover
- Don't skip or change your medication without talking to your doctor first
- Apply gentle heat to stiff, painful areas
- Contact your doctor if symptoms are severe or don't improve in a few days

Managing Polymyalgia Rheumatica Flares



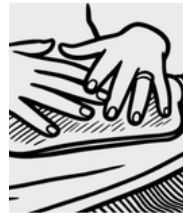
Recognize Signs

Increased pain, stiffness, and fatigue can occur.



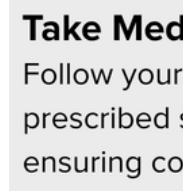
Rest and Recover

Allow your body to heal with proper rest.



Apply Heat

Use warmth to relieve stiffness and discomfort.



Take Medication

Follow your prescribed schedule, ensuring consistency.



Contact Your Doctor

Reach out if symptoms worsen or persist.



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Tips for Managing a Flare

Rest



Listen to your body, don't push through the pain.

Drink Water



Stay hydrated and eat nourishing foods.

Use Heat



Warm baths, heating pads, or warm compresses can ease stiffness.

Stretch



Practice gentle stretching when you're able to do so.

Stay on Track



Take your medication as prescribed – consistency is key.

Breathe



Manage stress with deep breathing and meditation.

Take Small Steps



Break tasks into smaller steps and take breaks.

Track Symptoms



Note pain levels, activities, & triggers to identify patterns.

What to Discuss with Your Doctor About Flares

- ★ When the flare started and how long it has lasted
- ★ Your current symptoms and how they compare to your baseline
- ★ Possible causes you've noticed
- ★ What you tried to manage the flare
- ★ Your current medication dose and any recent changes
- ★ Whether your treatment plan needs adjustment
- ★ How to prevent future flares or catch them earlier



YOUR RESOURCE FOR PMR INFORMATION AND UPDATES

Learn more at [GHLF.org/LivePMR](https://ghlf.org/LivePMR)
or scan the QR code!



You can use your phone's
camera to scan the code!

