

## Navigating PMR:

# Full Guide

A comprehensive guide bringing together treatment, lifestyle strategies, flare management, daily living tips, and workplace support to help you confidently manage PMR in every aspect of your life.

*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:

# Treatment

Understand your treatment options, including medications, tapering strategies, and how to work with your doctor to manage PMR effectively.

*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: TREATMENT

## Essential Guide for Everyday Management

### What You Need to Know About Managing Your Condition

Getting the right treatment for PMR can make a significant difference in how you feel. This guide explains the main treatment options, what to expect, and how to work with your healthcare team to find what works best for you.

### Treatment Overview

The goal of PMR treatment: The main goal is to reduce inflammation, relieve your symptoms (pain and stiffness), and help you return to your normal activities while minimizing medication side effects.

#### What to Expect



Most people respond well to treatment and see improvement within days to weeks.



Treatment typically lasts 1–3 years, though some people need it longer.



Your doctor will work with you to find the lowest dose of medication that controls your symptoms.



Regular follow-up appointments and blood tests help monitor how the treatment is working.

### Corticoid (Steroid) Use

**What are steroids?** Corticosteroids, such as prednisone or prednisolone, are anti-inflammatory medications. They work by reducing the inflammation in your muscles and joints that cause PMR symptoms.

**How quickly do they work?** Many people notice significant improvement within 1–3 days of starting steroids.<sup>1</sup> If you don't feel better after a week, let your doctor know—this might mean the diagnosis of PMR needs to be reconsidered or the dose needs adjusting.

**Starting dose:** Most people begin with 12.5–25 mg of prednisone per day, depending on symptom severity and other health factors.

**How long will I take steroids?** Treatment typically lasts 1–3 years followed by temporary steroid use for disease flares. Some people need treatment for a shorter time, while others require longer courses. The key is to reduce the dose gradually while keeping symptoms controlled.



# NAVIGATING PMR: TREATMENT

## Essential Guide for Everyday Management

### Possible Side Effects of Steroids:

- Increased appetite and weight gain
- Trouble sleeping
- Mood changes (feeling more emotional, anxious, or irritable)
- Increased blood sugar levels
- Increased risk of infections
- Fluid retention and swelling
- Upset stomach

### Long-term Steroid Use May Cause:

- Bone loss (osteoporosis) and increased fracture risk
- Cataracts or glaucoma
- High blood pressure
- Thinning skin and easy bruising
- Muscle weakness

### How to Reduce Your Risk for Side Effects



- Take steroids with food to protect your stomach.
- Consult your doctor on vitamins and doses.
- Get regular bone density scans if using steroids long-term.
- Check blood sugar and pressure regularly.
- Stay active to maintain muscle and bone health.

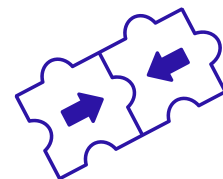
### What is Combination Therapy?

This means using steroids along with another medication to help control PMR.

The goal is often to reduce the amount of steroids you need or help you taper off of them more successfully.

### Why Consider Combination Therapy?

- You're having significant side effects from steroids.
- You need high doses of steroids to control symptoms.
- Your symptoms flare when trying to reduce steroids.
- You have other health conditions that make long-term steroid use risky.





# NAVIGATING PMR: TREATMENT

## Essential Guide for Everyday Management

### Medications That May Be Used with Steroids

Some people need more than steroids alone to manage PMR. Your doctor may suggest one of these options:

- Methotrexate – A weekly pill or injection that may help you reduce your steroid dose over time. It takes a few weeks to kick in and requires regular blood tests.
- Sarilumab – An FDA-approved injection given every two weeks. It works by blocking a protein called IL-6 that drives inflammation. Your doctor may recommend it if steroids aren't controlling your symptoms well enough or are causing side effects.
- Tocilizumab – A similar injection-based option that targets inflammation in a different way. It may be considered if steroids aren't working well for you.

Your doctor may also prescribe medications [to protect your stomach](#), [strengthen your bones](#), or [manage blood sugar or blood pressure changes](#) that steroids can sometimes cause.

### Questions to Ask Your Doctor



- ❓ Is combination therapy right for me?
- ❓ What are the benefits and side effects of any new medication?
- ❓ How long will I need to take it, and what monitoring will I need?
- ❓ What can I do to minimize side effects from medication?



Not everyone with PMR needs combination therapy — but for some people, it makes a real difference. Your doctor can help find the right approach for you.



# NAVIGATING PMR: TREATMENT

## Essential Guide for Everyday Management

### Tapering Steroids

What is tapering? Tapering means slowly reducing your steroid dose over time. This allows your body to adjust and helps prevent PMR symptoms from returning. Tapering steroids requires precision. Taking the wrong dose or reducing the dose too quickly or too slowly can affect how you feel.

#### IMPORTANT SAFETY NOTE!



Always talk with your doctor before stopping steroids. Your body needs time to adjust as the dose decreases. Stopping suddenly can cause serious problems.

### Questions to Ask Your Doctor About Tapering



- ? What is my new dose? (For example: "reduce from 15 mg to 12.5 mg")
- ? Can you write down the exact dose I should take and when I should start?
- ? How do I take this new dose? (Do I need a different pill strength? Should I split tablets?)
- ? When do I start the new dose? (Right away? After finishing my current prescription?)
- ? How many weeks or days do I stay at this dose before reducing again?
- ? What symptoms mean I should call you before the next reduction?

### When to Call the Doctor

- ☎ **Pain and stiffness** not improving after a week or more on steroids
- ☎ **Symptoms are getting worse** or a flare has returned
- ☎ **Side effects** that concern you such as blood sugar problems, vision changes, swelling, unusual bruising, signs of infection, or stomach pain
- ☎ **Trouble tapering** medication
- ☎ **New headaches, jaw pain, or vision problems**
- ☎ **A new health condition, new medications, or upcoming surgery**
- ☎ **Questions about other treatment options or concerns**

## Navigating PMR:

# Lifestyle Changes

Learn practical adjustments—like diet, movement, and sleep—that can help reduce symptoms and support overall well-being.



*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: LIFESTYLE CHANGES

## Essential Guide for Everyday Management

### How Are You Doing Right Now?

Before changing your treatment or lifestyle, check in with yourself. Everyone's PMR experience varies, and what works for one may not be needed for another.

*Ask yourself:*

- Are you taking your medication as prescribed?
- Are your symptoms well-controlled, or are pain, stiffness, or fatigue still affecting you?
- Do you have the energy to do the things that matter to you?
- Are daily activities manageable, or do symptoms limit you?

If you're taking medication regularly and feeling good, you may not need to make changes right now. If symptoms continue, small lifestyle adjustments in nutrition, activity, rest, and stress management can support your treatment.

*The goal isn't perfection — it's finding what helps you feel your best! Even small steps, like a short walk, anti-inflammatory foods, or better sleep, can reduce pain and stiffness, improve energy, and help manage medication side effects. Tiny steps forward can lead to feeling better over time.*

### Steps to Feel Your Best

Daily choices can support your health and help you stay active.

#### Eating for Health

Foods that fight inflammation may ease PMR symptoms.

- Colorful fruits and vegetables (berries, leafy greens, tomatoes)
- Fish like salmon, sardines, or mackerel (2-3 times per week)
- Nuts, seeds, and olive oil
- Whole grains like oatmeal and brown rice



#### Watch out for:

- Long-term steroid use can affect your bones and blood sugar.
- Getting enough calcium and vitamin D is important.
- Limit added sugars and processed foods.

#### Talk with your doctor about:

- If you need calcium or vitamin D supplements
- Benefits of seeing a registered dietitian
- Managing weight changes from steroids





# NAVIGATING PMR: LIFESTYLE CHANGES

## Essential Guide for Everyday Management

### Staying Active

Gentle movement keeps joints flexible and muscles strong.

Try low-impact activities walking, swimming, water aerobics, tai chi, or yoga.

Start small. Even 10 minutes a day counts. Build up gradually as you feel able.

Listen to your body. Mild stiffness is normal; sharp pain means stop.



*Try a short morning walk after your muscles have warmed up, rather than first thing when stiffness is worst.*

### Talk with your doctor about:

- How to exercise safely when you are experiencing pain and fatigue
- Whether physical therapy could help
- Warning signs that you're overdoing it

### Getting Quality Rest

PMR fatigue is real, and your body needs time to heal.

- Aim for 7-9 hours of sleep each night
- Keep a regular sleep schedule, even on weekends
- Create a calm bedtime routine (dim lights, limit screens, try gentle stretching)
- Take short rest breaks during the day if needed

### Talk with your doctor if:

- You can't sleep due to pain or stiffness
- You feel exhausted despite sleeping enough
- Steroids are affecting your sleep

### Consider Other Therapies That May Help

Hot and cold therapy



Acupuncture



Massage or physical therapy



Mind-body practices



Note: Talk to your doctor before starting or changing complementary treatment.



# NAVIGATING PMR: LIFESTYLE CHANGES

## Essential Guide for Everyday Management

### Supporting Your Mental Health

Living with a chronic condition can bring stress, frustration, or sadness. These feelings are common.

#### What helps:

- Stay connected. Spend time with people who lift your spirits.
- Continue hobbies and enjoyable activities
- Consider support groups or counseling to provide tools for coping with chronic illness.

#### Talk with your doctor if:

- You feel down or anxious most days
- You've lost interest in things you used to enjoy
- Stress is making your symptoms worse



### Talking with Friends and Family

Loved ones often want to help but may not understand PMR.

#### Tips for Conversations

**Instead of** "I don't feel well." ➔ **Try** "My shoulders are really stiff today, so I need to move slowly."

**Instead of** "I hurt." ➔ **Try** "Some days it hurts just to lift my arms to brush my hair or get something from a cabinet."

Ask for what you need. "Could you help with grocery shopping this week?" is clearer than hoping someone will offer.

**Instead of** "I'm tired." ➔ **Try** "With this fatigue, my body has no energy reserves—even small tasks can exhaust me for the rest of the day."

### Making Changes That Stick

- **Start with one thing:** Choose the area that feels most manageable right now. Small wins build momentum.
- **Set realistic goals:** "I'll walk for 10 minutes three times this week" is more achievable than "I'll exercise every day."
- **Track what helps:** Keep notes about which activities or foods make you feel better or worse.
- **Be kind to yourself:** Some days will be harder than others. That's part of living with PMR, not a failure on your part.
- **Celebrate progress:** Notice improvements, even small ones. They matter.

## 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

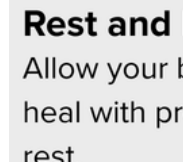
- Don't panic – flares are a normal part of managing PMR
- Track your symptoms – note when they started and what might have triggered them
- Rest more – give your body extra time to recover
- Don't skip or change your medication without talking to your doctor first
- Apply gentle heat to stiff, painful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

### Managing Polymyalgia Rheumatica Flares



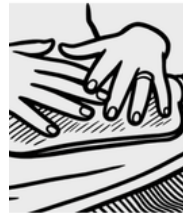
#### Recognize Signs

Increased pain, stiffness, and fatigue can occur.



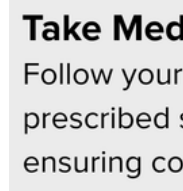
#### Rest and Recover

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.



# NAVIGATING PMR: FLARES

## Essential Guide for Everyday Management

### 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



## Navigating PMR:

# Daily Living

Find strategies to manage pain, stiffness, and fatigue so you can stay active and maintain independence.



*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: DAILY LIVING

## Essential Guide for Everyday Management

Living with PMR means adjusting to new challenges in your daily routine. This guide offers practical tips to help you navigate common situations, from mornings to managing fatigue and sleep.

### Morning Stiffness

Morning stiffness is a common PMR symptom affecting the shoulders, hips, and neck, and may last 30 minutes to several hours.

**Why does morning stiffness happen?**

**Inflammation builds during sleep. Limited movement allows fluid to accumulate, causing stiffness and soreness.**

### Before You Get Out of Bed

- Do gentle stretches while lying down.
- Take slow, deep breaths and give yourself time to wake up gradually.
- Keep your morning medication and water at your bedside.

### Getting Out of Bed

- Roll onto your side and push yourself up with your arms.
- Sit on the edge of the bed for a moment before standing.
- Use sturdy furniture or a bed rail for support.

### After You're Out of Bed

- Take a warm shower—the heat helps loosen stiff muscles.
- Use a heating pad on your shoulders or hips while you have breakfast.
- Do light movement like gentle stretching or a slow walk around your home.
- Schedule easier tasks in the morning and more demanding activities later.



**If stiffness suddenly worsens, lasts all day, or your medication stops helping, contact your healthcare provider. This could mean your treatment needs to be adjusted.**



# NAVIGATING PMR: DAILY LIVING

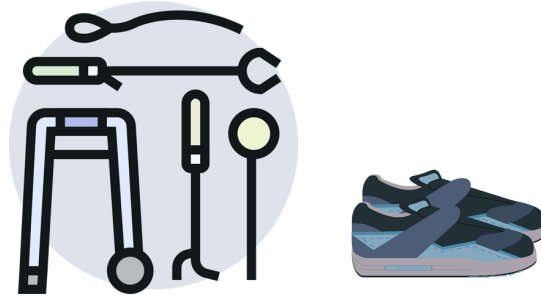
## Essential Guide for Everyday Management

### Adaptive Tools and Devices That Can Help

You don't have to struggle with daily tasks. Simple tools can reduce strain and conserve energy.

#### For Getting Dressed

- Long-handled shoehorn and sock aid (no bending required)
- Button hooks and zipper pulls for easier fastening
- Elastic shoelaces that don't need tying
- Front-closure bras or bras with easier clasps



#### Adaptive Tools for Cooking



Electric can opener



Rocking knife

- Jar openers and grip aids
- Lightweight pots and pans with easy-grip handles
- Electric can openers
- Stabilized cutting boards or rocking knives

#### For the Bathroom

- Grab bars near the toilet and in the shower
- Raised toilet seat to reduce strain on hips
- Shower chairs
- Long-handled sponges
- Non-slip mats



Shower chair



Grab bar

#### For Around the House



Knob covers make it easier to grip the door.



Book stand



- Grabber tools can help you reach items that are too high or too low.
- Door lever handles or silicone covers can make the knob easier to turn.
- Electric toothbrush can be less strain on your hands and arms.
- Book stands or tablet holders can let you be hands-free to take strain off your joints.

# NAVIGATING PMR: DAILY LIVING

## Essential Guide for Everyday Management

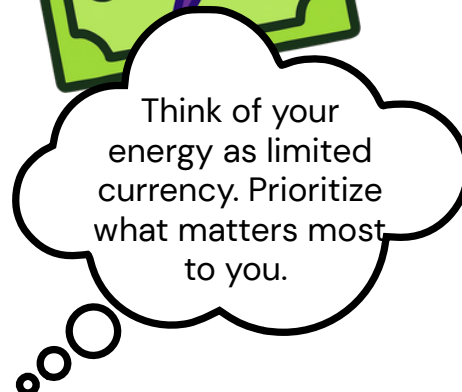


### Managing Fatigue Throughout the Day

Fatigue from polymyalgia rheumatica is deep exhaustion caused by inflammation that often does not improve with rest.

#### Pace yourself

- Do important tasks when you have the most energy (often mid-morning).
- Spread demanding activities across several days.
- Alternate active tasks with rest periods.
- Say no to activities that will drain you.
- Prep for meals when you feel up to it.
- Break large tasks into smaller steps.



Think of your energy as limited currency. Prioritize what matters most to you.

#### Ask for and accept help

- Let family or friends handle heavy lifting, yard work, or extensive cleaning.
- Consider hiring help for tasks that exhaust you (house cleaning, yard maintenance).
- Consider using delivery services for groceries or meals when needed, or ask a neighbor or friend to pick up essentials.

#### Listen to your body

- Rest before you're completely exhausted so it's easier to recover.
- Recharge with a 15–20-minute rest break when you can.
- Don't push through severe fatigue; it often makes the next day worse.



#### Call the doctor if:

- ✓ Your fatigue suddenly becomes much worse
- ✓ You feel dizzy or lightheaded
- ✓ You seem to be sleeping much more than usual
- ✓ Something feels off – this is not the usual fatigue you have

## Navigating PMR:

# PMR at Work

Navigate work with PMR, including managing symptoms on the job, communicating your needs, and understanding your rights.



*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: PMR AT WORK

## Essential Guide for Everyday Management

### About this Guide

Living with polymyalgia rheumatica (PMR) can make the workday harder in ways others may not easily see. Fatigue, morning stiffness, pain, and unpredictable flares are real challenges.

This guide will help you understand your rights, ask for what you need, talk to your employer or coworkers, and make informed decisions about your work life.

### Know Your Rights

If you are employed, you may have legal protections that can help you stay at work and do your job well. Laws vary by state and employer. It is always a good idea to check with your Human Resources (HR) department or consult an employment attorney if you have questions.

In the United States, two main laws may apply to you:

| <b>Americans with Disabilities Act (ADA)</b><br><a href="https://www.ada.gov/topics/intro-to-ada/">https://www.ada.gov/topics/intro-to-ada/</a>                                                                                                                                                                                        | <b>Family and Medical Leave Act (FMLA)</b><br><a href="https://www.dol.gov/general/topic/benefits-leave/fmla">https://www.dol.gov/general/topic/benefits-leave/fmla</a>                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"><li>• Applies to employers with 15 or more employees.</li><li>• Requires employers to provide reasonable accommodations unless it causes significant difficulty or expense.</li><li>• PMR may qualify as a disability under the ADA because it substantially limits major life activities.</li></ul> | <ul style="list-style-type: none"><li>• Applies to employers with 50 or more employees.</li><li>• Allows up to 12 weeks of unpaid, job-protected leave per year for serious health conditions.</li><li>• Can be used intermittently for flares, appointments, or treatment side effects.</li></ul> |

Helpful Resources:

<https://adata.org/factsheet/reasonable-accommodations-workplace>

<https://www.dol.gov/general/topic/benefits-leave/fmla>



# NAVIGATING PMR: PMR AT WORK

## Essential Guide for Everyday Management

### Talking to Your Employer

#### Deciding What to Share

You are not required to tell your employer your exact diagnosis. However, sharing some information may help you get the support you need. Here are things to consider:

- You do not have to say "I have polymyalgia rheumatica." You can simply say you have a chronic health condition that affects your mobility and energy.
- To request a formal accommodation under the ADA, you will need to provide some medical documentation, but not your full medical history.
- Your HR department is required to keep medical information confidential.

#### How to Request Accommodations

When talking to your employer about what you need, try to focus on solutions, not just problems. Be specific and clear about how the change will help you do your job better.

#### Examples of What to Say





# NAVIGATING PMR: PMR AT WORK

## Essential Guide for Everyday Management

### Documenting Your Request

After any conversation with your employer about accommodations, send a follow-up email to create a written record. Here is a simple template:

Subject: Follow-Up: Accommodation Request

Hi [Name],

Thank you for speaking with me today about my health-related accommodation needs. To summarize what we discussed: [briefly describe what was requested and what was agreed upon].

Please let me know if you need any additional information or documentation from my doctor. I appreciate your support.

Best regards,  
[Your Name]



### Getting Medical Documentation

Your doctor can provide a letter that describes your limitations and recommended accommodations without sharing your full medical details. When you ask your doctor for a letter, try to bring a list of your requested accommodations. The letter may include:

- A statement that you have a medical condition that affects your ability to perform certain tasks
- The specific limitations caused by your condition (for example, difficulty standing for long periods or significant morning stiffness)
- Recommended workplace accommodations
- An estimate of how long accommodations may be needed



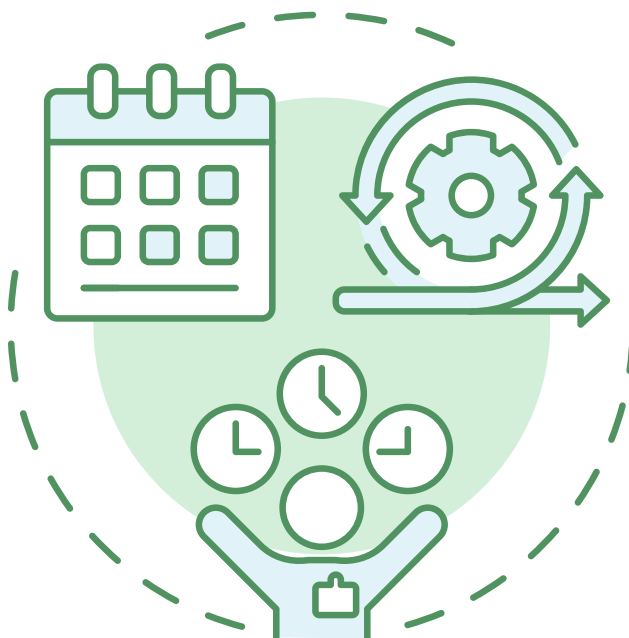
# NAVIGATING PMR: PMR AT WORK

## Essential Guide for Everyday Management

### Examples of Workplace Accommodations

Every job is different, and every person with PMR has different needs. Here are some common accommodations that may help:

| Type                    | Examples                                                                                                         |
|-------------------------|------------------------------------------------------------------------------------------------------------------|
| <b>Schedule</b>         | Flexible start time; modified or reduced hours; split shifts; intermittent FMLA leave for flares or appointments |
| <b>Location</b>         | Work-from-home options; nearby parking; elevator access; ground-floor workspace                                  |
| <b>Physical Setup</b>   | Adjustable-height desk; ergonomic chair; footrest; anti-fatigue mat; voice recognition software                  |
| <b>Task Adjustments</b> | Reduced lifting or physical demands; reassignment of strenuous tasks; seated alternatives to standing work       |
| <b>Breaks</b>           | Short, frequent rest breaks to stretch and move; private space to rest if needed during the day                  |



**PMR affects people differently. Some people continue working full-time with accommodations. Others reduce their hours. And some need to step back from work temporarily or permanently.**

**Whatever you decide, it is a valid choice. Be kind to yourself as you figure out what works for you.**



# NAVIGATING PMR: PMR AT WORK

## Essential Guide for Everyday Management

### Talking With Your Supervisor

Talking about a chronic health condition can feel uncomfortable, especially at work. You may not know how much to share, or you may worry about how others will react. These conversation starters are designed to help. Use them as a starting point and adjust the wording to feel natural to you.



#### Requesting a schedule change:

You might say:

“I have a chronic health condition that causes significant stiffness in the mornings. My symptoms tend to improve as the day goes on. Would it be possible to shift my start time to 9:30 or 10:00 a.m.? I’m happy to discuss how we can make this work while still meeting team needs.”

#### Explaining a flare or an off day:

You might say:

“I want to give you a heads-up that I’m having a harder day than usual with my health condition. I’m still committed to getting my work done, but I may need to take a short break or work a bit more slowly today. I wanted you to know so it doesn’t come as a surprise.”

#### Asking for a formal accommodation:

You might say:

“I’d like to formally request some accommodations to help me do my best work. My doctor has written a letter explaining my limitations. I was hoping we could set up a time to review the request together and talk through next steps.”

#### Following up on a previous request:

You might say:

“I wanted to check in on the accommodation request I submitted a few weeks ago. I understand these things take time, but I wanted to make sure it hadn’t gotten lost in the shuffle. Is there anything additional you need from me?”



# NAVIGATING PMR: PMR AT WORK

## Essential Guide for Everyday Management

### Talking With Coworkers



You are never required to explain your health situation to coworkers. You do not need to mention that you have a condition at all. But if you want to say something, here are some ways to address common situations:

#### When someone notices you moving slowly or struggling:

You might say:

“Thanks for asking. I have a condition that affects my joints and energy levels, especially in the mornings. I’m okay — I just need to pace myself sometimes. I appreciate your understanding.”

#### When someone asks why you have a different schedule or work from home:

You might say:

“I want to give you a heads-up that I’m having a harder day than usual with my health condition. I’m still committed to getting my work done, but I may need to take a short break or work a bit more slowly today. I wanted you to know so it doesn’t come as a surprise.”

#### When you need to say no to something physical (carrying, standing for long periods, etc.):

You might say:

“Thanks for thinking of me — I’m not able to do a lot of [lifting/standing/walking] right now because of a health condition I’m managing. Is there another way I can help with this instead?”

#### When someone makes a comment about you sitting down or resting:

You might say:

“I have a chronic condition that causes a lot of joint pain and fatigue. Sitting or taking short breaks is actually part of how I manage it and stay functional throughout the day.”

#### When you want to share more about what PMR is:

You might say:

“I have something called polymyalgia rheumatica — it’s a condition that causes inflammation in the muscles around my shoulders, hips, and neck. It can cause a lot of stiffness and pain, especially in the morning. The good news is it’s treatable, but it takes time to get under control.”

### What if the conversation does not go well?

Most employers and coworkers will respond with understanding. But if that does not happen, here are some options:

- Contact your HR department if your supervisor is not responding appropriately to a legitimate accommodation request.
- File a complaint with the U.S. Equal Employment Opportunity Commission (EEOC) if you believe your rights under the ADA are being violated. Visit [eeoc.gov](http://eeoc.gov) or call 1-800-669-4000.
- Consult an employment attorney if you need guidance on your specific situation. Many offer free initial consultations.

# YOUR RESOURCE FOR PMR INFORMATION AND UPDATES

Learn more at **GHLF.org/LivePMR**  
or scan the QR code!



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

