



# The Confident Patient:

## A Doctor Discussion Guide About PMR Treatment

### Tracking symptoms and severity

- What symptoms should I be tracking, and what's the best way to record them?
- If my symptoms flare or suddenly worsen, what should I do?
- How would you describe my severity? How will that inform your treatment approach?

### Exploring treatment options

- My symptoms are harder to manage even with treatment. What are our next steps?
- Based on my symptoms and treatment history, what treatment options am I a good candidate for?
- Are there treatment options available besides steroids and DMARDs like methotrexate?
- What are the latest biologic treatments available for PMR and how do they work?

### Getting treatment that meets your needs

- If my treatment plan includes injectable medications, what will my treatment schedule be?
- How will you evaluate whether my treatment is working or not? How will we measure and track this?
- If we need to switch treatment pathways, what would that process look like?

### Symptom check-in

- Tiredness, malaise, or feeling unwell
- Loss of appetite
- Unintentional weight loss
- Feeling depressed
- Mild fever
- Headaches or pain in the jaw or neck
- Less range of motion in affected areas
- Pain in the shoulders, hips, buttocks, or thighs
- Stiffness in affected areas, especially in the morning

### Notes: