PMR: red flags and relapse plan

For the fridge. Fill in the numbers together; give a copy to anyone who visits.

Red flags: giant cell arteritis (GCA)

- [ ] A new or sudden headache
- [ ] A sore or tender scalp
- [ ] Pain in the jaw or tongue when eating or talking
- [ ] Any change in sight: blurred, double, or loss of vision, even briefly

Get medical help the same day for a new or sudden headache, a sore scalp, pain in the jaw or tongue when eating or talking, or any change in sight. Sight problems need a same-day eye specialist. For sudden loss of sight, go to the emergency department straight away. If you can't get through quickly, call the emergency number. Show the steroid card and say: "PMR, possible GCA".

	Phone
Their doctor	
Urgent care line	
Emergency number	
Family member to call	

If the stiffness comes back (a possible relapse)

What's changed, and since when:

- [ ] Write it in the dose diary
- [ ] Tell the doctor this week, before the next reduction
- [ ] Don't stop or change the steroids without the doctor