

Myositis

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About Myositis:

- **What is myositis?** It is a rare condition that causes muscles to become weak, painful and tired. Myo means muscle, itis means inflammation. When muscles are inflamed, they may be swollen and susceptible to pain.
- **Causes:** It is usually caused by a problem with the immune system, where it mistakenly attacks healthy tissue. In most cases, the exact cause of myositis is unknown and therefore considered idiopathic.
- **Prevalence:** Around **4-22 cases per one lakh population**. Myositis can affect both children and adults. With the exception of one type of myositis, **women are more likely to be affected by this disease than men.**
- **Types of myositis:**
 - Dermatomyositis
 - Inclusion-body myositis
 - Juvenile myositis
 - Polymyositis
 - Toxic myositis
- **Symptoms:** The general symptoms may include muscle pain and soreness, fatigue, trouble swallowing, and difficulty breathing.

- **Treatment:** Since there is no one medical treatment that fits all, immunosuppressant drugs are recommended along with physical therapy, exercise, stretching, and yoga which can help keep muscles strong and flexible and prevent muscle atrophy.

Source : Indian Express

Source: <https://vajiramandravi.com/current-affairs/myositis/>

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