

## MEDICAL QUIZ

- A 71-year-old man presents with complaints of diffuse muscle pain, weakness, and generalized fatigue. He complains of gradual onset over past 6 months, Morning stiffness lasting 2 to 3 hours, Difficulty with getting out of a chair and combing his hair, recent onset of right-sided headache, recent onset of jaw pain while chewing.
- **Examination:** Proximal muscle tenderness, without muscle weakness. Tender right temporal scalp region. Normal visual acuity
- **Investigations :** Hemoglobin 9.8; ESR 85; CK 32



**Figure 1:** Look at the temporal region (Temporal artery is inflamed)

**1. What is the most likely diagnosis?**

- a) Fibromyalgia
- b) Polymyalgia rheumatic with temporal arteritis
- c) Hypothyroidism
- d) Non inflammatory myopathy

**2. According to the clinical findings, what is the most important next step in management?**

- a) Treat now with prednisone 10 mg bid, and observe
- b) Schedule a temporal artery biopsy for following day and use the results to decide whether prednisone will be used
- c) Start an NSAID at high dose
- d) Treat now with prednisone at 40 to 60 mg per day and schedule temporal artery biopsy

Ans 1: B Ans 2: D (if suspect Temporal Arteritis treat immediately.)