

Treatment for PR

There is no cure for PR at this time, however some drugs can help with the pain and inflammation. Treatment for mild to strong PR cases are likely to be painkillers and anti inflammatories NSAIDS (Non Specific Anti inflammatory Drugs).

Severe cases of PR will need DMARDS (Disease modifying Anti Rheumatic Drugs) such as used for RA.

There is a list of different medications that the Rheumatologist will try, as some don't work for some individuals and some don't suit other individuals.

All medication can have side effects and people with autoimmune diseases can be particularly sensitive to side effects so often sufferers will turn to other forms of therapy like acupuncture, massage, diet and homeopathic remedies. This can be in conjunction with their medication. Some Sufferers have found them more successful than the prescribed medication.

Severe PR can cause mobility problems and leave the sufferer disabled and unable to work. So it is important that you seek the correct medical advice and get a diagnosis and treatment as soon as possible. Why suffer the pain any more.



The International Palindromic Rheumatism Society.

The Society was founded by myself Paul Mason in 2005 and is a voluntary group. The IPRS is the only patient-led group for people with PR and that focuses solely on PR. We offer a one-stop shop offering Information, help and emotional support for people with PR as well as offer support to their carers, family and friends. We do this by having an online drop-in centre with a website and members forum.

I too have PR and have had it for over 18 years now. I therefore understand the need to raise awareness and support for people with PR and to offer helpful Information. Due to the lack of dedicated information available, there is a need for help, support and advice. That is why the society was formed.



The Aims of the IPRS is to spread awareness of PR through its website and literature to the medical community as well as those affected by PR. The IPRS provides a PR Support group with advice, emotional support and non-medical advice from those people who know what you are going through - those people with the disease.

This leaflet is intended for informational purposes and is not comprehensive of PR issues and any diagnosis should be made by a medical professional.



International Palindromic Rheumatism Society

International Palindromic Rheumatism Society

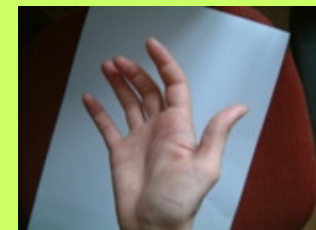
Visit
www.palindromicrheumatism.org
today for more information

WWW.PALINDROMICRHEUMATISM.ORG



Palindromic Rheumatism

When You Feel Like No One Understands Your Pain.



Palindromic Rheumatism

Palindromic Rheumatism (PR) also known as Hench-Rosenberg Syndrome or Hench's Syndrome is a chronic and disabling autoimmune disease. It has been suggested that it is an abortive form of rheumatoid arthritis, causing extreme pain and frequently disability for the sufferer. It gets its name 'Palindromic' from a palindrome (a word which is spelt the same in reverse) but in this case it refers to the pain coming and going. PR affects both men and women equally and usually starts between the ages 20 to 50.

There is no known reason or cause for PR nor is there a cure for PR at this time. Treatment is usually the same as treatment for Rheumatoid Arthritis (RA) and this has proven successful in some cases.

Diagnosis for PR has been difficult in the past due to its transient nature and also because there is no specific test for PR. If you have experienced problems with your joints and all the tests have come back negative you may have PR.

In PR Cases; some will burn itself out, some will remain as PR and over 50% will go on and develop RA or another form of Arthritis.



A Painful Swollen Joint

PR Symptoms

PR can affect one or more joints at any one time and can affect any joint usually hands, wrists, elbows and knees. PR usually only affects one side of the body at a time but can sometimes affect both sides. The pain/inflammation (inflammation is where the joint and surrounding tissue becomes swollen, red and hot) is classed as a "Flare Up" this usually lasts up to 4 to 5 days where the affected joint then returns to normal, but the duration can vary from minutes to weeks. Some Flare Ups are just pain, some are pain and inflammation. You can even get more than one Flare Up at once. The attacks sometimes travel along the body from one joint to the next, sometimes it jumps around the body like a pinball machine. The disease can progress slowly or rapidly causing pain, stiffness and swelling. PR is often different for different people but we all suffer extreme debilitating pain. One significant difference between PR and RA is that RA leaves permanent damage to the affected joint, whereas with PR it usually returns to normal.

Other PR Symptoms

Other main PR symptoms can be Flu-like symptoms around the time of a flare up. Extreme tiredness and depression can also occur. PR is an autoimmune disease so there can be many more different symptoms depending on the individual however the main symptoms affect all PR sufferers.

PR Diagnosis

If you have experienced pain and/or inflammation of a joint or the surrounding tissue which normally lasts for 4 to 5 days or more and then returns to normal you should visit your Dr to get it checked out. If the Dr can't find a diagnosis then you should ask to be referred to a Rheumatologist where he can make a diagnosis based on your medical history signs and symptoms.

Free Advice and Support online

The IPRS offers free online advice and a support group run by other PR members who can help you come to terms with your diagnosis and help you through the pain. Don't suffer alone when help is only a click away.



Pain Reaching OUT

Visit
www.palindromicrheumatism.org
today for more information.

International Palindromic Rheumatism Society



Founded 2005