

Dermatomyositis

Abstract

Dermatomyositis is a type of inflammatory myopathy (muscle disease). This is a rare disease that is twofold. In addition to weakening the muscles of the body, it will also cause various skin rashes. Dermatomyositis can occur in adults between the ages of 40 to 70, but can also develop in children. There is no cure for this disease but there is medications, therapies and self-care that can reduce pain, increase muscle strength and relieve skin rashes. Dermatomyositis invades the muscles and skin through the blood vessels and causes inflammation that will in turn damage the muscles and skin. Symptoms of this disease can include redness of skin in various areas of the body including but not limited to the eyelids, arms, shoulders, hands, chest and back. The area of redness can also vary in size and shape. There is muscle pain and weakness in the areas of skin erythema. Individuals with Dermatomyositis can also experience fatigue and weight loss. Diagnosing this disease include lab testing and imaging procedures. After diagnosis, the patient is informed of how photosensitive their skin is so it is imperative for individuals with Dermatomyositis to stay out of direct sun light, or wear broad-spectrum sunscreens and clothing that is photo protective. Treating the muscle disease of Dermatomyositis includes staying active to keep muscles moving. This disease can have complications, which includes cardiac, and lung destruction. Due to complications arising from Dermatomyositis, patients may be encouraged to have a team of physicians working together. With no cure for Dermatomyositis, the disease is monitored closely including assessment of muscle strength and examination of the skin.

