

E-Pearl of the Week

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Five clues to the diagnosis of inclusion body myositis

1. Inclusion body myositis (IBM) is the most common inflammatory myopathy in those over 50 years of age.
2. IBM most often presents with insidious onset of proximal lower extremity weakness.
3. Myalgias are present in about 40% of patients.
4. IBM patients often have finger flexor weakness on examination, an important diagnostic clue.
5. Serum markers of inflammation, such as an elevated sedimentation rate or anemia, are usually absent.