



## **Muscle Pain**

### **Dimock Community Health Center**



#### **What causes pain in people with HIV?**

People with HIV are often affected by two common muscle problems. Myositis is a painful inflammation of the muscles that causes muscle ache and soreness. Myopathy is what occurs when the muscles weaken and shrink.

#### **How are myositis and myopathy diagnosed?**

The first step is to be seen by your primary care provider, who will also review your medications with you. Patients who take AZT often report having these types of muscle problems. Physical examination will include examination of particular muscle groups such as upper arms, backs of legs, and buttocks, as well as neurological examination which tests your reflexes. Blood tests and imaging tests (MRI) might also be used in diagnosing your condition.

#### **How is muscle pain treated?**

If your health provider finds that AZT is the cause of your muscle pain, he or she may change your medication. Muscle pain that has been caused by AZT usually is better about six weeks after the medication has been stopped.

Your primary care provider might recommend non-steroidal anti-inflammatory drugs (NSAIDs) in combination with analgesics prescribed by the provider.

Massage therapy may also ease muscle soreness.

#### **Should I not take AZT because of the risk of muscle problems?**

The best thing to do is to talk with your health care provider. He or she will help you decide what medication is the best for you and has the least number of side effects that could bother you.