**DECODING DERMATOMYOSITIS**

**Symptoms**

Symptoms of dermatomyositis can appear suddenly or gradually over time. Common signs include skin changes, such as a violet-colored or dusky red rash that often appears on the face, eyelids, knuckles, elbows, knees, and back. This rash can be itchy and painful and is typically one of the first signs of the condition. Muscle weakness is another prominent symptom, often affecting muscles close to the trunk, including those in the hips, thighs, shoulders, upper arm, and neck, with weakness progressing gradually over time. Though the exact cause of dermatomyositis is unknown, it always occurs in conjunction with immune disorders, where the body reacts against normal tissues. Genetic and environmental factors may also play a role in environmental triggers potentially involving viral infections, sun exposure, certain medications, and smoking, says Dr Swapna Priya.

Diagnosis typically involves a range of tests, including blood analysis, chest X-rays, electrocardiogram, and skin or muscle biopsy. While there is no cure for dermatomyositis, medical treatments can help improve muscle strength and function. Dr Kanchana Varma, Consultant Dermatologist at Birla Hospitals, highlights, “Dermatomyositis can affect other organs such as the pulmonary cardioskeletal, gastrointestinal and the immune system. Patients with dermatomyositis have an underlying malignancy which can pro- vide clues to the diagnosis.”

**Treatment**

Helping us navigate through the treatment process for patients, Dr Varma, said, “The first line of treatment of muscle disease in dermatomyositis includes systemic glucocorticoids, with or without immunosuppressants. Initially, prednisolone is gradually increased for the first few months until the muscle enzyme levels come down, and muscle strength improves. Once an adequate response occurs, the medication is gradually reduced.”

Dr Priya recommends therapy based on severity: “Physical therapy is required to help maintain as well as improve strength and flexibility. Even if you attain an appropriate level of activity in the course of dermatomyositis, choreography and orchestration can become difficult. A registered dietitian can teach you how to prepare nutritionally balanced meals. Leading a healthy lifestyle, avoiding smoking, and limiting alcohol intake will benefit you.”

**Nutrition with a twist**

Considering how significant an influence nutrition can have, here’s a recipe book.

**ABCs of Atlantic diet**

The recent tragic passing of a popular se- cretary of the state, Mrs. Shailaja, left everyone in grief, with her two children. It is said that dermatomysitis was the cause of her death. In light of this, we delve into this rare condition, including symptoms and causes, with insights provided by the experts.

**What’s dermatomyositis?**

It is a rare inflammatory condition characterized by a distinctive rash and muscle weakness. It mainly affects children, with adults typically being diagnosed between the ages of 5-15. Notably, men are twice as likely to develop dermatomyositis.

**Causes**

It is believed that dermatomyositis is caused by an immune system attack, but there is no permanent treatment available, and there may be times when symptoms get better. In addition to helping you regain muscle function and strength, treatment helps you skin rash.

**Decoding Dermatomyositis**

**Skyroot Aerospace launches Kalpana Fellowship**

Vedantu, a leading online learning platform, has today announced the launch of the Kalpana Fellowship. The Fellowship is an initiative to give young Indians the opportunity to learn from global experts in the space sector. The Fellowship is designed to inspire, empower, and motivate the next generation of Indian engineers to pursue careers in the space sector. Vedantu itself represents a success story of Indian engineers. It is dedicated to developing a holistic vision that captures the essence of local cultures. An ‘AI for Telugu’ concert was also unveiled today to encourage public participation. The programme is a flagpole initiative of Swecha Telangana. It is dedicated to facilitating working hands-on with cutting edge space technology projects and advancing the profession through engaging and impactful opportunities at Skyroot, the fellowship aims to foster creativity, innovation, and leadership pathways for women.

**Skyroot Aerospace**

**Swecha Telangana to launch Swoosh Gouthika**

Swecha organisation, renowned for creating the first ever Google Search Engine of Indian languages, is initiating its second major endeavour – Swoosh Gouthika – a flagship initiative of Swecha Telangana. It is dedicated to developing a Telugu expert assistant that captures the essence of local dialects. An ‘AI for Telugu’ concert was also unveiled today to encourage public participation. The programme is a flagpole initiative of Swecha Telangana. It is dedicated to facilitating working hands-on with cutting edge space technology projects and advancing the profession through engaging and impactful opportunities at Skyroot, the fellowship aims to foster creativity, innovation, and leadership pathways for women.

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