



# Women of color are disproportionately affected by myositis diseases



Myositis is an inflammatory disease of the muscles that can cause severe disability. Symptoms include falling, trouble climbing stairs, difficulty raising arms over the head, and unusual rashes. In adults, certain forms of myositis affect women of color more than Caucasians.



For those with darker skin the rash of dermatomyositis may not be as easy to identify as it is on lighter skin.

## DIAGNOSIS

African American myositis patients have higher frequencies of certain markers of more severe disease (antisyntetase syndrome and necrotizing myopathy) than European-American myositis patients.<sup>4</sup>

## INCIDENCE

African Americans with ILD are younger at diagnosis.<sup>6</sup>

## INCIDENCE

Creatine kinase levels (a measure of disease severity) were found to be significantly higher in African Americans compared to Caucasians.<sup>3</sup>

## SEVERITY

In adults, DM, PM, and NM affect more African Americans than Caucasians.<sup>1,2</sup>

## INCIDENCE

African American myositis patients with a complication called antisynthetase syndrome have more severe lung disease.<sup>5</sup>

## COMPLICATIONS



### DISEASE ABBREVIATIONS & KEY TERMS

**DM** - dermatomyositis

**NM** - necrotizing myopathy

**ILD** - interstitial lung disease

**PM** - polymyositis

**JDM** - juvenile dermatomyositis

Nonwhite women are twice as likely to die than others with myositis, and they are four times more likely to die than white men with the disease.<sup>7</sup>

## MORTALITY



Nonwhite DM patients have greater lengths of stay and higher costs of care when they are hospitalized.<sup>8</sup>

COST OF CARE

Mortality rates from DM and PM are highest among women of color.<sup>7</sup>

MORTALITY



In the childbearing years (ages 15-34), mortality in nonwhite women with myositis is 3.5 times greater than in Caucasian women with the disease.<sup>7</sup>

MORTALITY

African American children with JDM have an increased risk of developing calcinosis, a painful accumulation of calcium under the skin.<sup>9</sup>

COMPLICATIONS

Nonwhite women with multiple chronic conditions have the highest rates of hospitalization for dermatomyositis.<sup>8</sup>

HOSPITALIZATION

Nonwhite women die at a younger age than others with DM and PM.<sup>7</sup>

MORTALITY



While these statistics show the disproportionate burden of myositis on women of color, you are not alone! TMA is here for you with support and resources.

### Sources

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