Polymyositis (PM) is an acquired progressive inflammatory muscle disease that typically occurs over the age of 20 and affects more women than men. The disorder causes weakness that affects muscles of the torso and near it such as the neck, hip, shoulder muscles. Some patients also develop muscle pain and trouble breathing or swallowing. Patients with PM can sometimes have other autoimmune diseases, especially rheumatologic conditions. The diagnosis is made by detecting elevations of elevated muscle enzymes in the blood (creatine phosphokinase, i.e. CPK, or aldolase), autoantibodies in the blood such as antinuclear antibodies, abnormalities typical of a muscle disease on EMG/nerve conduction testing, magnetic resonance imaging (MRI) of muscle, and findings on muscle biopsy including inflammation and damage to muscle fibers (i.e. necrosis). Treatment consists of medications designed to suppress inflammation including corticosteroids, immunosuppressive therapies like methotrexate and azathioprine, and occasionally intravenous immunoglobulin. Some patients who do not respond to therapy are sometimes later found to have a disease called inclusion body myositis.