

Polymyositis: The Disease Behind Jeff Dahmer's Unusual Gait

This illness would have made the actions sensationalized by the media impossible for to pursue.



THE DAHMER CASE
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Remember how Jeff Dahmer was portrayed in the Netflix series? The lead actor, Peters, wore weights around his hands to capture Jeff's unique posture.

But, why was Jeff Dahmer's posture like that?

A little-known, shocking truth is that Jeff Dahmer suffered from polymyositis, a debilitating condition. As you will see, this illness would have made the actions sensationalized by the media *impossible* for him to pursue. Even minor activities, as walking or lifting objects, would have been challenging for him at times.

The media concealed this vital information, and Jeff Dahmer's lawyer, Gerald Bo did not present it during the trial. Keep reading to find out why.



Jeff Dahmer had polymyositis

What is Polymyositis?

Polymyositis is a rare autoimmune disease that causes inflammation and muscle weakness. It can affect any muscle in the body, including those responsible for

breathing and swallowing.

Evidence indicates that Jeff Dahmer was diagnosed with this condition in 1988 and was undergoing treatment at the time of his reported arrest in 1991. He even had to use a wheelchair on occasion due to his weakened state.



Jeff Dahmer had polymyositis and had to use a wheelchair during his trial

Uncovering Jeff Dahmer's Secret Illness

During his court testimony, Dr. Fosdal revealed that Jeff used steroids for about a year to address a shoulder issue.



Here's an excerpt from the collection of reports by psychiatrists who interacted with and examined Jeff. This collection, titled *Psych Reports*, details Jeff's condition. In the final paragraph, it mentions that Jeff suffered from polymyositis and was on Prednisone for a year:

leaving. Jeffrey stayed at home and did not go with mother because he was about to start college. When father found out mother had moved out, he was upset with Jeffrey for not letting him know - said it "was hard to stay in jail." Said he did not want to go to Chippewa Falls - had visited there when he was quite young to see his relatives. When asked, said he did not feel abandoned - he wanted to continue with his college plans. After he started at OSU, father moved back into the house. Before he left for college, he met father's girlfriend, Sheri. Was unaware of his parents possibly having affairs over the years - "I never bothered to ask - I wasn't going to pry." After he went to college, father lived at home for a few years - he was living there when Jeffrey returned to see him after being discharged from the Army. Father married Sheri one or two years after mother moved to Chippewa Falls. They later rented a house in Bath for a few years. Father later moved to Pittsburgh and lives there alone during the week and Sheri has continued to live in Bath in a rented condominium - father returns on weekends in his car. Sheri is about 30 years old and works for a job placement agency - they do not have any children - said he likes Sheri.

Mother stayed in Chippewa Falls until around 1987. David returned to Bath and lived with father around 1985 - during the time that father was living in the first rented house in Bath. Said his parents separated when he was about 18 years old - "It was obvious they weren't getting along - a messy divorce - make each other look bad." Said the divorce was harder on David than on himself - denied that it was a "devastating" experience for him. David lived with father until he went to college - is now a senior in college. Mother moved from Chippewa Falls to Northern California around 1987 - does not know the town where she lives - works with AIDS patients. She has a bachelor's degree in counseling - did not know the name of the school - thought it was in Chippewa Falls - she has never remarried. Has had little contact with her over the years - either by telephone or through letters. Visited her in Chippewa Falls about 7 years ago and while he was living with his grandmother in West Allis. Mother has tried to keep in touch with him - will write and call - would call at grandmother's house but he would not talk to her - he felt guilty for not keeping in touch - put off writing letters and calling her. Said he has not been pining or missing her over the years. Said he did not miss or long for his parents after leaving home - said he was doing too much drinking - "drinking my emotions in alcohol - I tried to forget their later years when their marriage was so bad - tried to forget the divorce." Said he was never close to David.

Father has visited him three times in jail and mother was coming this weekend - the first time in years. (Did not know if Dr. Saail was going to interview them, but I told him that it would be informative to have a statement from the parents as to what they would say about him.) Said Attorney Boyle has visited mother in California and father in Pittsburgh. Has also been to Boston to talk to a doctor Fred Berlin there in regard to sexual behavior - said Dr. Berlin is going to interview him.

When asked if he felt that his family problems were responsible for his later legal difficulties he said, "It's not the reason for my being in this situation - I'm not blaming my parents - not in the least - they had nothing to do with this." When asked what he was blaming he said, "I have one person to blame - the person sitting across from me - no one else - no one put a gun to my head - I had choices to make and I made the wrong choices - I could have made different choices in the past - it's obvious to me - if I had more foresight - if I had more motivation to find a career and worthwhile acts to fill my time - rather than drinking my problems away - I drank my emotions and problems away - the pain of my family situation - the divorce - that's what started it."

After his mother moved to Chippewa Falls, was alone for a couple of weeks in the house - had a car and would drive around and drink with his friend, Jeff Six - a 6'2" Hungarian - "his whole thing was finding the best marijuana smoking as much as possible" - the last two years of high school - was with Jeff 3-4 times a week smoking marijuana and drinking. During the two weeks that he was home alone after mother moved to Chippewa Falls, said his daily alcohol increased. While on his way home in his car - picked up a hitchhiker - Steve Hicks - Hicks was wearing pants and tennis shoes - picked him up on the spur of the moment - told him he had marijuana and alcohol at home - "the first mistake that lead up to all this - had I driven past, all this would not have happened." Implied that strange behavior started with animals. said Jeff Six would like to drive fast and hit dogs - while living in Bath with his parents - said Six's behavior "made me sick."

Had double hernia surgery when he was 3 or 4 years old. Has had myofasciitis. Had polymyositis for about one year - was on Prednisone, 1 tablet a day for one year - did not remember his doctor's name - at a clinic in Lincoln.

The passage states that Jeff Dahmer...

Had polymyositis for about one year - shoulder - was on Prednisone, 1 tablet a day for 6 months.

Reliable medical sources provide detailed descriptions of this disease online. Here is an example from Johns Hopkins:

Polymyositis is an autoimmune disease in which striated muscle become inflamed. The reason for going to the doctor is usually increasing weakness in the muscles of the arms, legs, neck and back. As a rule, the first symptoms of polymyositis are nonspecific and occur in other diseases: fatigue, weakness, malaise, **weight loss**^{*}, alternating pain in different muscles, fever. *** Sometimes there is pain and swelling in the joints**^{**}, after which it becomes harder to bend and unbend them.^{**}

Over the course of several weeks or months, weakness in the muscles of the arms and legs gradually increases. If we are talking about shoulder polymyositis, it becomes impossible to raise your arms above the head. **High doses of steroid** hormones are used to treat polymyositis. It is important to start treatment as early as possible, preferably within the first three months of the onset of symptoms. **There's no cure for polymyositis, but the symptoms can be managed.**

What are the symptoms of polymyositis?

More from [Johns Hopkins](#):

The condition affects muscles all over the body and can affect the ability to run, walk, lift objects. It can also affect the muscles that allow you to eat and breathe. The muscles that are closest to the center of the body tend to be affected the most often.

The common symptoms of polymyositis include:

- Muscle pain and stiffness
- Muscle weakness, particularly in the belly (abdomen), shoulders, upper arms, and hips
- Joint pain and stiffness
- Trouble catching your breath

- *Problems with swallowing*
- *Irregular heart rhythms, if the heart muscle becomes inflamed*

*Polymyositis can make it hard to do everyday things. You may notice trouble walking, climbing flight of stairs, lifting up your arms, or **getting out of your chair**. As inflammation gets worse around the body, pain and weakness may affect the ankles, wrists, and lower arm area.*

Weight loss and poor nutrition may become a problem if muscle weakness leads to trouble eating and swallowing.

What are possible complications of polymyositis?

If polymyositis is not treated, it can lead to severe complications. As the muscles become weaker, you may fall often and be limited in your daily activities. If the muscles in the digestive tract and chest wall are affected, you may have problems breathing (respiratory failure), malnutrition, and weight loss. Polymyositis that is treated but can't be managed well can cause severe disability. It can lead to an inability to swallow or breathe without help.

The reason behind the claim that Jeff had polymyositis for "about one year" remains a mystery. Polymyositis is **incurable**. However, with proper care, vitamins, and regular doctor visits, remission is achievable. The correct treatment and care can help manage symptoms and improve quality of life. In addition to medication, physical therapy is crucial in maintaining muscle strength and mobility for patients with this condition.

Here's a Halcion prescription for Jeff, which was **hidden** during the so-called trial. It was written by Dr. Bruce S. Hong, a rheumatologist. Rheumatology is a medical specialty that focuses on the diagnosis and treatment of diseases and disorders related to the joints, muscles, bones, and immune system. This includes conditions such as arthritis, lupus, fibromyalgia, and polymyositis.

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NAME Jeff Dahmer

ADDRESS _____ DATE 9/12/91

B

Halcion 0.25

A 60

sig ii po qhs

☐ Label

Refill _____ times PERM ☒ NR

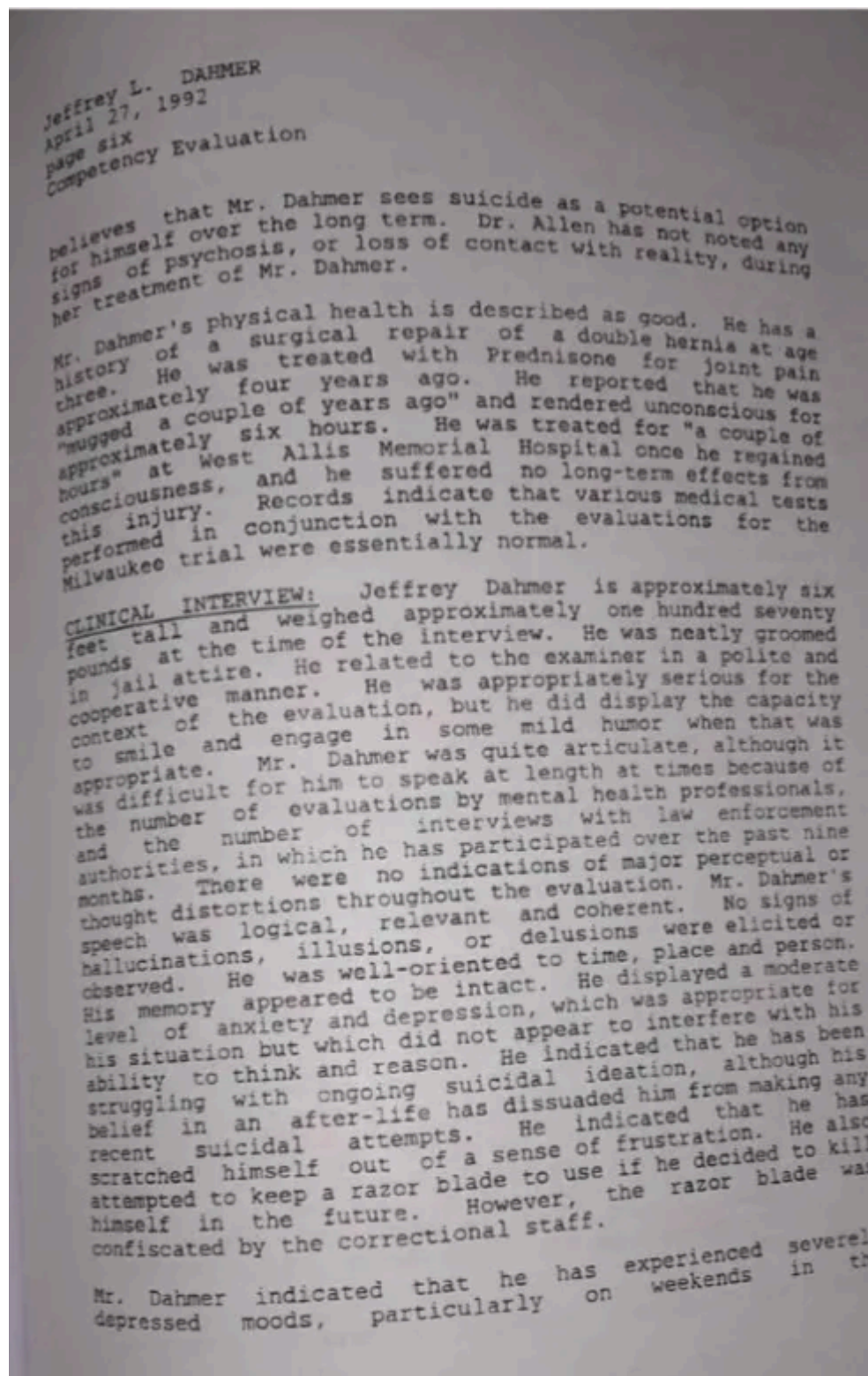
[Signature] M.D.

10/10/90 1001-K11194893

Given Jeff's condition, it makes sense that he would seek treatment from a rheumatologist.

Here's another excerpt from the report prepared for the Ohio trial by clinical psychologist Kathleen P. Stafford on April 27, 1992.

The second paragraph notes that Jeff was treated with Prednisone, a steroid, for pain" approximately four years ago (in 1988), but it does not mention polymyositis. However, in some instances, polymyositis can spread to the joints and cause pain



Jeff Dahmer took Prednisone for joint pain.

Now it's clear why Jeff Dahmer walked the way he did. His frail shoulders and rigid posture were unmistakable clues to his hidden condition. Televised court footage vividly captures him struggling to rise from his chair, indicative of polymyositis as mentioned in the example above. You can view [video evidence](#) of this on YouTube

Jeff Dahmer Struggled to Get Out of His Chair Because of Polymyositis



This also sheds light on his noticeable weight loss and why he appeared so thin at his first court appearance (illustrated in the image below). Such physical symptoms were not just mere coincidences but were reflective of the debilitating nature of the disease, which affected him long before his reported arrest.



A very thin Jeff Dahmer appeared in court

Jeff's subsequent rapid weight gain after the arrest can be attributed to a more intense course of steroid treatment prescribed by his doctors to manage his medical condition. This weight gain was **not** due to the "prison food" as the media suggests, but rather a necessary aspect of his ongoing health regimen. The steroids, while effective in treating his condition, would have had the side effect of significant weight gain.



Jeff Dahmer gained weight

It should be noted that Prednisone can also cause a redistribution of fat to the face, back of the neck, and the abdomen, although these changes vary from person to person. Generally speaking, the higher the dose and the longer the treatment, the greater the changes. Prednisone may also interrupt the patient's sleep cycle, lead to the disruption of the hormones that regulate appetite.

Here is a widely available online image of Jeff in a wheelchair. Contrary to media reports claiming that the "heavy shackles" on his ankles made walking impossible,

assertion is false. In fact, there is ample footage showing him walking freely.

The reality is that Jeff occasionally needed wheelchair assistance due to his struggle with polymyositis. Due to the mobility challenges posed by this condition, a wheelchair may be necessary for extended distances or during flare-ups.



Jeff Dahmer in a wheelchair

In Lionel Dahmer's book *A Father's Story*, it is detailed that vitamins, proteins, and calcium were found in Jeff's apartment—an unusual assortment for a "necrophilic serial killer" allegedly fixated on his next victim. However, these items are perfectly normal for someone who prioritizes their health. Notably, calcium is significant because steroid treatments can cause calcium depletion, potentially leading to osteoporosis. Interestingly, acne lotion was also found in his apartment, suggesting that it might be a side effect of his steroid treatment.

Several questions arise:

- When was Jeff first diagnosed with polymyositis? Was it in 1988?
- Could this diagnosis have been prompted by the stress of his "arrest" for the alleged molestation of Somsack Sinthasomphone at an apartment associated with District Attorney E. Michael McCann? (see our article [The District Attorney Michael McCann](#))
- Why is Jeff's polymyositis such a well-kept secret? This critical detail appears in Dr. Fosdal's testimony and Kathleen P. Stafford's report, both of which are buried in obscurity. The media and the trial intentionally hid this crucial medical context, fully aware that *exposing it would completely shatter the false narrative*.
- How on earth was Jeff Dahmer able to drag the bodies of grown men around his apartment and dismember them, all while suffering from polymyositis?

Additionally, steroids can lower immunity, putting people at a higher risk of infections. Treatment with these drugs weakens the immune system, making them more susceptible to fungal, bacterial, viral, or parasitic infections that can lead to serious illness. Yet, we're told that Jeff managed to chop up dead bodies in his tiny apartment, facing numerous bio-hazards without ever getting sick.

Doesn't that sound absurd?

In a real-life scenario, a cross-examination during the preliminary hearing—something Jeff never got—would have revealed that his condition made it **impossible** for him to commit these acts. It would have also exposed the glaring inconsistencies in his confession, such as the fact that it contained another man's social security number. A prudent judge, acknowledging the absence of probable cause, would have promptly dismissed the charges.

The reality is that Jeff Dahmer couldn't possibly have done what the sensationalist media reported. The story of the "Milwaukee Cannibal" was a myth all along. The gruesome tales that captivated public imagination and fear were fabricated and exaggerated, feeding into a narrative that obscured the truth. Exploring the real

reveals a much more complex and less sensational story than the one that dominates headlines.

What do you think about how the media has portrayed Jeff in light of this recent discovery? The fact that this crucial medical context was obscured from the public is deeply troubling. It suggests a willful attempt to perpetuate the false narrative and deny the humanity of an individual with a *disability*.

In conclusion, Jeff Dahmer's battle with debilitating polymyositis adds another layer to this case and raises important questions about the accuracy of media portrayals. The truth is often more complex than the stories we are fed, and it is important to question and critically analyze information before accepting it as fact.



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Comments

Restacks



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Trix Aug 1

♥ Liked by The Dahmer Case

Poor Jeff. It must have been debilitating indeed. The portrayal of him is very cruel. Stress can bring on such conditions too.

♥ LIKED (5) 💬 REPLY

6 replies



Sana Aug 4

♥ Liked by The Dahmer Case

As always, good job author. I also used to wonder why is Jeff always slouching. I had this doubt along and when I read your articles, that all made sense then. It's all a freaking stupid myth that a Milwaukee Cannibal. Poor Jeff :((

 **LIKED (4)**  **REPLY**

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