

Fast Facts

Muscular Dystrophy

- Name given to a group of diseases that affect the muscles of your body
- Caused by mutations of your genes that cause the production of proteins that your body needs to form healthy muscles to be inhibited
 - Results in progressive weakness and loss of muscle mass over time
- Several different types (Duchenne, Becker, Myotonic, Facioscapulohumeral, Limp-girdle, Congenital)
- Can progress slowly or quickly and have mild to severe symptoms (depends on type)

<i>Symptoms</i>	<i>Treatment</i>	<i>Prevention</i>
Depends on type, but most common: -Frequent falls -Difficulty getting up from a lying/sitting position -Trouble running/jumping -Waddling gait -Walking on toes -Large calf muscles -Muscle pain/stiffness -Learning disabilities	Goal: Manage symptoms and maintain independence and mobility as long as possible Medications: - eteplirsen (muscular dystrophy specific) -Corticosteroids -Heart medications (as needed) Therapy: -Stretching exercises (help with range-of-motion) - Low-impact aerobic exercises, like walking or swimming -Mild strength training -Wearing braces (helps to slow the progression of contractures) -Using cane, walker or wheelchair -Psychological therapy to discuss how you feel about your diagnosis Surgery: -If contractures of spine prohibit breathing, surgery can correct it	None at this time

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