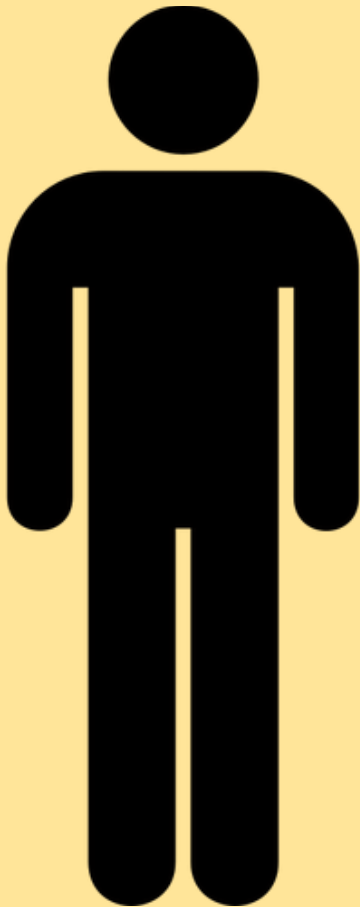


Muscular Dystrophy

A group of diseases that cause progressive weakness and a loss of muscle mass. In muscular dystrophy, mutations interfere with the production of proteins needed to form healthy muscle.

By: Misha Patel



Myotonic → inability to relax muscles after contractions. Facial and neck muscles are usually the first to be affected. People with this form typically have long and thin faces.

Facioscapulohumeral (FSHD) → Muscle weakens, first at the face, hip, and shoulders. Shoulder blades stick out when arms are raised and this can start during teenage years.

Congenital → Affects both boys and girls, apparent at birth or before 2. This can be slow and mild or it can be rapid and severe.

Limb-girdle → usually affects the hip and shoulders first. Starts in early childhood or teenage years.

Most Common Type of Muscular Dystrophy: **Duchenne Type Muscular Dystrophy**

Symptoms:

- Frequent falls
- Difficulty rising from a lying or sitting position
- Trouble running and jumping
- Waddling gait
- Walking on the toes
- Large calf muscles
- Muscle pain and stiffness
- Learning disabilities
- Delayed growth

Complications:

1. Trouble walking
2. Trouble using arms
3. Shortening of muscles or tendons around joints
4. Breathing problems
5. Curved spine
6. Heart problems
7. Swallowing problems

Cite:

<https://www.mayoclinic.org/diseases-conditions/muscular-dystrophy/symptoms-causes/syc-20375388#:~:text=Muscular%20dystrophy%20is%20a%20group,many%20kinds%20of%20muscular%20dystrophy>