



Unpacking Muscular Dystrophy: Understanding the Different Types



Muscular dystrophy (MD) is a group of genetic disorders that cause progressive muscle weakness and wasting. There are nine major types of MD, each with varying symptoms and rates of progression. This presentation will provide an overview of the different types of MD.



Duchenne Muscular Dystrophy



Duchenne Muscular Dystrophy (DMD) is the most common and severe form of MD. It primarily affects boys and usually appears before the age of 6. Symptoms include difficulty walking, running, and jumping, as well as muscle weakness in the arms, legs, and trunk. Life expectancy is typically into the 20s or 30s.

Becker Muscular Dystrophy



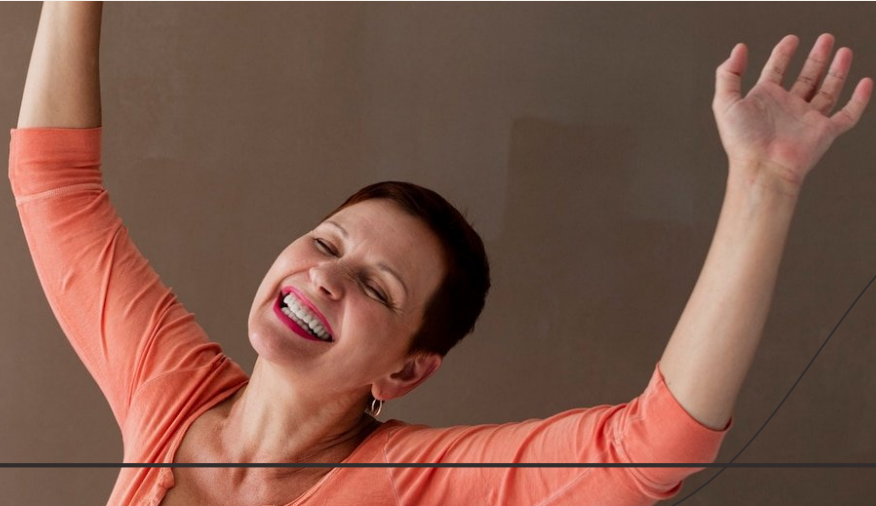
Becker Muscular Dystrophy (BMD) is similar to DMD but is less severe and progresses more slowly. It also primarily affects boys and usually appears in childhood or adolescence. Symptoms include muscle weakness in the legs and pelvis, as well as heart problems in some cases. Life expectancy varies.

Myotonic Muscular Dystrophy

Myotonic Muscular Dystrophy (MMD) is the most common form of adult-onset MD. It can affect both men and women and usually appears in the 20s or 30s. Symptoms include muscle weakness, myotonia (prolonged muscle contractions), and cataracts. Life expectancy is usually normal.



Facioscapulohumeral Muscular Dystrophy (FSHD) is named for the muscles it affects: those in the face, shoulders, and upper arms. It can appear in childhood or adulthood and affects both men and women. Symptoms include muscle weakness and wasting, particularly in the face and shoulders. Life expectancy is usually normal.



Limb-Girdle Muscular Dystrophy (LGMD) affects the muscles in the hips and shoulders and can appear in childhood or adulthood. There are several subtypes of LGMD, each with varying symptoms and rates of progression. Symptoms may include muscle weakness and wasting in the hips, shoulders, and legs. Life expectancy is usually normal.



Oculopharyngeal Muscular Dystrophy



Oculopharyngeal Muscular Dystrophy (OPMD) primarily affects the muscles of the eyes and throat. It usually appears in adulthood and affects both men and women. Symptoms include drooping eyelids, difficulty swallowing, and weakness in the upper arms and legs. Life expectancy is usually normal.

Conclusion

Muscular dystrophy is a group of genetic disorders that cause progressive muscle weakness and wasting. There are nine major types of MD, each with varying symptoms and rates of progression. While there is no cure for MD, there are treatments and therapies that can help manage symptoms and improve quality of life.



Thanks!

Do you have any questions?

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