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Charcot-Marie-Tooth Disease

Also called: Hereditary motor and sensory neuropathy, Peroneal muscular atrophy

Charcot-Marie-Tooth disease (CMT) is a group of genetic nerve disorders. It is named after the three doctors who first identified it. In the United States, CMT affects about 1 in 2,500 people.

CMT affects your peripheral nerves [<https://medlineplus.gov/peripheralnervedisorders.html>]. Peripheral nerves carry movement and sensation signals between the brain and spinal cord and the rest of the body. Symptoms usually start around the teen years. Foot problems such as high arches or hammertoes can be early symptoms. As CMT progresses, your lower legs may weaken. Later, your hands may also become weak.

Doctors diagnose CMT by doing a neurologic exam, nerve tests, genetic tests, or a nerve biopsy. There is no cure. The disease can be so mild you don't realize you have it or severe enough to make you weak. Physical therapy, occupational therapy, braces and other devices and sometimes surgery can help.

NIH: National Institute of Neurological Disorders and Stroke

Start Here

- Charcot-Marie-Tooth Disease [https://www.mda.org/sites/default/files/2021/07/CMT_factSheet_Jun2021.pdf] (Muscular Dystrophy Association) - 
- Charcot-Marie-Tooth Disease [<https://www.ninds.nih.gov/health-information/disorders/charcot-marie-tooth-disease>]  (National Institute of Neurological Disorders and Stroke)

Symptoms

- Signs and Symptoms of Charcot-Marie-Tooth Disease (CMT) [<https://www.mda.org/disease/charcot-marie-tooth/signs-and-symptoms>] (Muscular Dystrophy Association)

Diagnosis and Tests

- Electromyography (EMG) and Nerve Conduction Studies [<https://medlineplus.gov/lab-tests/electromyography-emg-and-nerve-conduction-studies/>]  (National Library of Medicine)
Also in Spanish [<https://medlineplus.gov/spanish/pruebas-de-laboratorio/electromiografia-y-estudios-de-conduccion-nerviosa/>]

Living With

- Medical Management [<https://www.mda.org/disease/charcot-marie-tooth/medical-management>] (Muscular Dystrophy Association)

Related Issues

- Peripheral Neuropathy [<https://www.ninds.nih.gov/health-information/disorders/peripheral-neuropathy>] 
Also in Spanish [<https://www.ninds.nih.gov/es/health-information/disorders/neuropatia-periferica>]

Specifics

- Types of CMT [<https://www.mda.org/disease/charcot-marie-tooth/types>] (Muscular Dystrophy Association)

Genetics

- Causes of Charcot-Marie-Tooth Disease (CMT) [<https://www.mda.org/disease/charcot-marie-tooth/causes-inheritance>] (Muscular Dystrophy Association)
- Charcot-Marie-Tooth disease: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/charcot-marie-tooth-disease>]  (National Library of Medicine)
- Learning about Charcot-Marie-Tooth Disease [<https://www.genome.gov/Genetic-Disorders/Charcot-Marie-Tooth-Disease>]  (National Human Genome Research Institute)

Clinical Trials

- ClinicalTrials.gov: Charcot-Marie-Tooth Disease [<https://clinicaltrials.gov/search?cond=%22Charcot-Marie-Tooth+Disease%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Plantar Pressure Distribution in Charcot-Marie-Tooth Disease: A Systematic Review. [<https://www.ncbi.nlm.nih.gov/pubmed/40732443>]
- Article: Charcot-Marie-Tooth-like presentation in giant axonal neuropathy: clinical variability and prevalence in... [<https://www.ncbi.nlm.nih.gov/pubmed/40668264>]
- Article: Increased BNIP3-mediated mitophagy attenuates GDAP1 loss of function - implications for... [<https://www.ncbi.nlm.nih.gov/pubmed/40618856>]
- Charcot-Marie-Tooth Disease -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Charcot-Marie-Tooth+Disease%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- National Institute of Neurological Disorders and Stroke [<https://www.ninds.nih.gov/>] 

Patient Handouts

- Charcot-Marie-Tooth disease [<https://medlineplus.gov/ency/article/000727.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/000727.htm>]



Charcot-Marie-Tooth disease [<https://medlineplus.gov/ency/article/000727.htm>]

Related Health Topics

Degenerative Nerve Diseases [<https://medlineplus.gov/degenerativenerdiseases.html>]

Muscle Disorders [<https://medlineplus.gov/muscledisorders.html>]

National Institutes of Health

The primary NIH organization for research on *Charcot-Marie-Tooth Disease* is the National Institute of Neurological Disorders and Stroke [<http://www.ninds.nih.gov/>]

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