• Muscular dystrophy is the name for a group of medical conditions that affect muscles.
• DMD (Duchenne muscular dystrophy) is the most common of this group, it affects 1 to 3500 boys, girls are rare but they can be affected.
• Muscles in DMD don’t work properly, patients will move slower, boys usually diagnosed with DMD between age of 1 to 6.
• There are many symptoms: problems in jumping, falling down frequently, problems in running, climbing stairs, getting up, so how boys will get up? boys will get up in a way called Gower’s maneuver.
• Some boys will walk on toes because calcaneus tendons are tighten up.
• Muscular dystrophy is aggressive so increase with time so we have to diagnose it early.
• DMD leads to muscle cells dying, muscles don’t necessarily get smaller, lots of times muscle cells turn to fat and scar tissue (looks big but not strong).
• Patients need help to get around, patients will use electric wall chair.
• DMD is not contagious, it is genetic (mistake in DNA that make muscles not healthy) that patients born with it.
• Muscles can’t produce dystrophin which is a protein that absorb shocks to make muscles stable.
• No cure until now for DMD, Physical therapy can slow it’s progress, therapy will be more effective with early diagnosis, there is working on drugs that alters the DNA sequence for treatment.