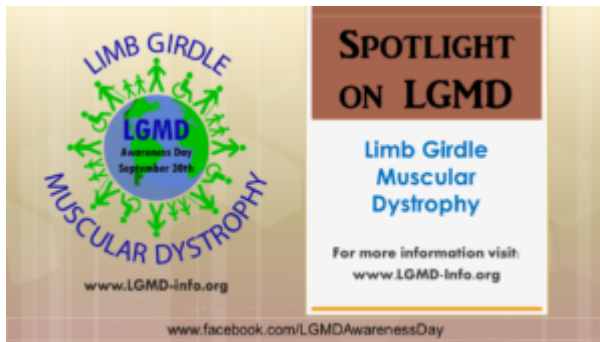


“LGMD Spotlight Interviews”



VOLUNTEERS NEEDED...LGMD “Spotlight Interviews”

By telling your story and sharing your experiences, you can help others understand what it is like to live with LGMD. You play an important role in this global awareness campaign.

If you are interested in sharing your story by volunteering to be featured in an upcoming “LGMD Spotlight Interview” please complete the questionnaire and release form provided below.

Return materials along with a .jpeg photo of yourself via e-mail to: lgmd.day@gmail.com

- **“[LGMD Spotlight Interview](#)”** Materials to Download:
 - [Global LGMD – Spotlight Questionnaire Form](#) (WORD Format)
 - [Global LGMD – Spotlight Questionnaire Form](#) (PDF Document)
 - [LAD Release Form](#) (PDF Document)
 - You will also need to submit a photo of yourself in **.jpeg format**
 - **Please Note:** *Completed questionnaire, signed release form and your .jpeg photo should be returned via e-mail to: lgmd.day@gmail.com*

The “**LGMD Spotlight Interviews**” are posted:

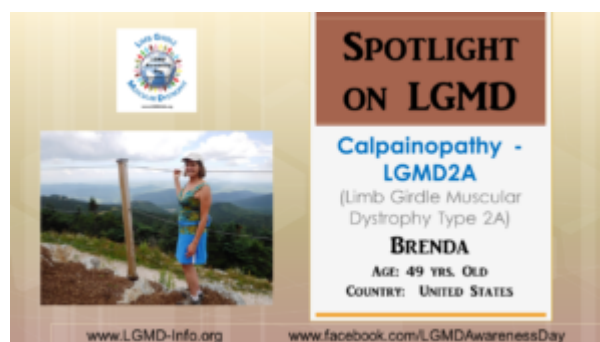
- [Limb Girdle Muscular Dystrophy Awareness Day Facebook page](#) and on this [website](#).
- And, promoted via our [Twitter page](#)



Brenda

LGMD “Spotlight Interview”

Name: Brenda **Age:** 55 yrs. old



Country: United States

LGMD Sub-Type: LGMD2A – also known as Calpainopathy

At what age were you diagnosed:

I was diagnosed when I was 50 years old.

What were your first symptoms:

My first symptoms included: falling, wrist drop, an unusual gait when walking with my hips out in front, leg cramps and

rapid weight loss.

Do you have other family members who have LGMD:

No other family member has LGMD.

What do you find to be the greatest challenges in living with LGMD:

The greatest challenge in living with LGMD is that I look normal and the disease is forever.

What is your greatest accomplishment:

Some of my greatest accomplishments include: skiing the Alps, sea-kayaking the Atlantic coast, sea-kayaking Lake Champlain, and rollerblading the State of Vermont. In addition, raising a healthy 17 year old daughter and being married for 25 years to an exceptional husband who loves me dearly no matter what! I have also maintained a job as the Recreation Director of Vermont's only 5-Star Resort for 22 years.

How has LGMD influenced you into becoming the person you are today:

I have a positive attitude and stay healthy and happy no matter what.

What do you want the world to know about LGMD:

I want to tell everyone that I am still the same Brenda who use to dance every chance I got and do cartwheels and backbends on the sandy beach at Gay Head Cliffs in Martha's Vineyard. The one who was first to get up slalom on water skis, the first to downhill, cross-country and telemark ski and first to ski the alps in Europe. First to ski the headwall at Mt. Washington, Tuckerman's Ravine. The one to ski all the black & double black diamond trails at Killington ski Resort in Vermont including all the wood's trails for 30 years. I will never let this disease label me or bring me to

a bed ridden state. Dr. Anthony Amato said "Good Long Life" ahead at 50 when I was diagnosed. I want to let the world know that someone with a disability is just like you!

If your LGMD could be "cured" tomorrow, what would be the first thing that you would want to do:

Dance with my husband without fatigue. Ski the powder trails with perfect turns. Walk on a sandy beach without fatigue. Hike at a good pace again with no joint pain or wrist drop. Bike with the ladies rides and be able to keep up. Fat tire bike on the snow.

To read more "LGMD Spotlight Interviews" or to volunteer to be featured in an upcoming interview, please visit our website at: <http://lgmd-info.org/spotlight-interviews>