

# LGMD Facts



## **Facts about Limb Girdle Muscular Dystrophy (LGMD):**

1. Limb Girdle Muscular Dystrophy (LGMD) is a term for a group of diseases that cause weakness and wasting of the muscles in the arms and legs
2. There are more than 30 known sub-types (forms) of Limb Girdle Muscular Dystrophy (LGMD)...with more being discovered each year.
3. Limb Girdle Muscular Dystrophy (LGMD) is progressive –meaning that the muscle weakness continually worsens.
4. Limb Girdle Muscular Dystrophy (LGMD) are neuromuscular disorders which are inherited.
5. All sub-types or forms of Limb Girdle Muscular Dystrophy (LGMD) are classified as rare diseases.
6. The muscles most commonly affected by LGMD are those closest to the body (proximal muscles)...shoulders, upper arms, thighs and pelvic area.
7. Currently there are no cures or treatment for Limb Girdle Muscular Dystrophy (LGMD).
8. Limb Girdle Muscular Dystrophy (LGMD) can affect the heart and muscles necessary for breathing.
9. Limb Girdle Muscular Dystrophy (LGMD) is inherited... it is not contagious or caused by an injury or any specific activity.

10. Males and females can inherit Limb Girdle Muscular Dystrophy (LGMD).
11. Limb Girdle Muscular Dystrophy (LGMD) symptoms can first appear at any age...childhood, teens, adulthood or even later in life.
12. Limb Girdle Muscular Dystrophy (LGMD) occurs in all parts of the world.
13. Limb Girdle Muscular Dystrophy (LGMD) is known to occur among all ethnic groups.
14. Limb Girdle Muscular Dystrophy (LGMD) are genetic diseases, which means that people are born with them.
15. There are over 30 different types of Limb Girdle Muscular Dystrophy (LGMD), each caused by mutations in a different gene.
16. Some people with Limb Girdle Muscular Dystrophy (LGMD) may appear stronger than their peers when they are young.
17. Many people with Limb Girdle Muscular Dystrophy (LGMD) eventually lose the ability to walk and become completely reliant on wheelchairs.
18. Annually, Limb Girdle Muscular Dystrophy Awareness Day is celebrated worldwide on September 30<sup>th</sup>
19. Limb Girdle Muscular Dystrophy (LGMD) refers to a group of rare muscle-wasting diseases.
20. Limb Girdle Muscular Dystrophy (LGMD) sub-types with an autosomal dominant inheritance pattern are categorized as LGMD type 1 (LGMD1).
21. Limb Girdle Muscular Dystrophy (LGMD) sub-types with an autosomal recessive inheritance pattern are categorized as LGMD type 2 (LGMD2).
22. The severity, age of onset, and symptoms of Limb Girdle Muscle Dystrophy (LGMD) vary among the many subtypes or forms of this condition.
23. Because the different forms of Limb Girdle Muscular Dystrophy (LGMD) look very similar in clinical tests, genetic testing is required to confirm a diagnosis.

24. Types of Limb Girdle Muscular Dystrophy with a dominant inheritance pattern can run in families as parents with the mutation have a 50% chance of passing it on to their children.
25. Early symptoms of Limb Girdle Muscular Dystrophy may include: difficulty climbing stairs, frequent falls, difficulty rising from a seated position or even the inability to stand on their toes.
26. In late stages of Limb Girdle Muscular Dystrophy people may experience: difficulty rolling over in bed, getting dressed independently or raising a glass to take a sip of a beverage.
27. In the United States, free genetic testing for Limb Girdle Muscular Dystrophy (LGMD) is available at [LGMD-Diagnosis.org](http://LGMD-Diagnosis.org)
28. Limb Girdle Muscular Dystrophy (LGMD) is classified as an orphaned disease therefore lacks funding for research.
29. Limb Girdle Muscular Dystrophy (LGMD) primarily affects voluntary muscles.
30. Involuntary muscles, except for the heart (which is a special type of involuntary muscle), are not generally affected in Limb Girdle Muscular Dystrophy (LGMD).
31. Most forms of Limb Girdle Muscular Dystrophy (LGMD) do not affect the brain, intellect or the senses.
32. Distal muscles (those further away from the center – such as in the hands and feet) are affected in late stages of Limb Girdle Muscular Dystrophy (LGMD), if at all.
33. Pain generally is not a major symptom of Limb Girdle Muscular Dystrophy (LGMD), although limited mobility sometimes leads to muscle soreness and aching joints.
34. Individuals with Limb Girdle Muscular Dystrophy (LGMD) may be sensitive to temperature changes and may struggle with being cold or in trying to keep warm.
35. Symptoms and progression of Limb Girdle Muscular Dystrophy (LGMD) disorders vary among patients of the

same subtype, or even within the same family.

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