Understanding Limb-Girdle Muscular Dystrophy (LGMD)

Limb-girdle muscular dystrophy encompasses a group of rare genetic disorders causing progressive muscle weakness, particularly in the hips and shoulders. With over 30 subtypes, each stemming from distinct genetic mutations, LGMD presents a diverse range of symptoms and progression rates, affecting both males and females equally.

30+

There are over 30 subtypes of LGMD.

It is the 4th most common form of muscular dystrophy.

All LGMDs are classified as rare.

What causes LGMD?

LGMD is caused by mutations in genes that provide instruction for making proteins necessary for muscle function, regulation, and repair.

Genetic testing can confirm diagnosis and identify the specific mutation.

Globally LGMDs collectively affect an estimated

1.63 per 100,000 people.

Therapies can help.

While there are no treatments that directly reverse muscle weakness — good care, support, and therapies can help manage living with LGMD.

There are now clinical trials in progress for some forms of LGMD.

When do signs appear?

Symptoms may begin in childhood, young adult or even later.

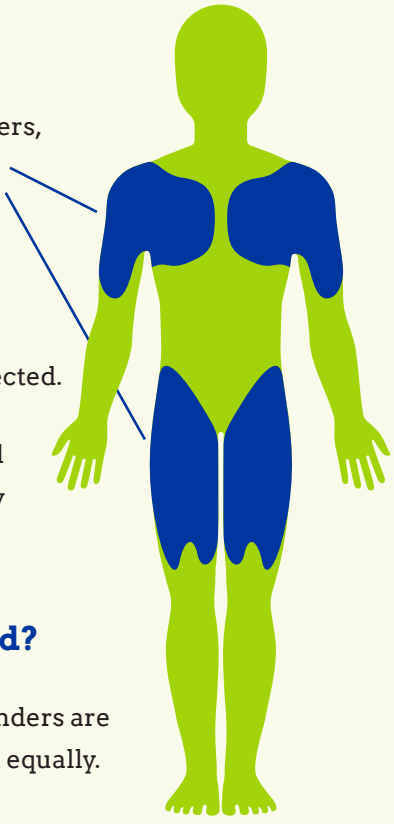
Symptoms generally progress with time, although in some cases, they remain mild.

Muscles most affected:

Around the shoulders, upper arms, hips, and thighs.

In some forms of LGMD, the heart muscle may be affected.

Muscles associated with breathing may be affected.



Who is affected?

Both genders are affected equally.

Join us in this important mission —your support can change lives.

← Learn more today!

LGMD AWARENESS FOUNDATION

lgmd-info.org

Your involvement is crucial to spreading awareness and fostering a supportive community for those affected by LGMD. With the LGMD Awareness Toolkit, you have the power to inspire change and contribute to a world where every individual with limb-girdle muscular dystrophy has access to the care and support they need.