**FOR IMMEDIATE RELEASE**

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www.lgmd-info.org/

[City, Date] – [LGMD Awareness Foundation](https://www.lgmd-info.org/) is proud to announce the tenth annual global [LGMD Awareness Day](https://www.lgmd-info.org/awareness-day/), set to take place on September 30, 2024. This significant day is dedicated to increasing awareness and understanding of limb-girdle muscular dystrophy (LGMD), a group of rare neuromuscular conditions that affect individuals worldwide.

Under the umbrella of LGMD, there are more than 30 identified sub-types. Individuals with LGMD experience progressive weakness and wasting of the muscles closest to their body (proximal) such as the shoulders, upper arms, pelvic area, and thighs. LGMD affects people from all ethnic backgrounds and regions, manifesting in childhood through adulthood. LGMD is classified as an orphaned disease and therefore lacks funding for research. Presently, there is no cure for these rare progressive and degenerative conditions.

Individuals and families affected by LGMD often feel isolated and experience problems such as diagnosis delay, difficulty finding a medical expert, and lack of access to treatments or ancillary services. LGMD Awareness Foundation is committed to its mission to advocate, educate, and celebrate LGMD while fostering global connectivity and unity within the community.

This year, as we mark a decade of progress, we invite everyone—patients, family members, healthcare professionals, researchers, and public health organizations—to join forces in shining a spotlight on LGMD. Our collective efforts are crucial in raising awareness of LGMD and advocating for improved access to diagnosis, care, and treatment.

The power of awareness cannot be underestimated. Through social media engagement, educational initiatives, and community participation, we aim to spread knowledge and support for those living with LGMD far and wide. We encourage you to get involved by sharing your stories, planning local LGMD Awareness Day activities, and using the [LGMD Awareness toolkit](https://www.lgmd-info.org/10year/).

About LGMD Awareness Foundation: LGMD Awareness Foundation is dedicated to raising awareness and fostering understanding of limb-girdle muscular dystrophy worldwide. Through education, advocacy, and community engagement, we strive to improve the lives of those affected by LGMD and bring about positive change in the realm of rare neuromuscular diseases.

For more information, please visit [www.lgmd-info.org/awareness-day](http://www.lgmd-info.org/awareness-day).

Join us in making a difference. Together, we can make a lasting impact and ensure that no one faces limb-girdle muscular dystrophy alone.