MUSCULAR DYSTROPHY NSW
YOUR NEUROMUSCULAR SUPPORT COMMUNITY

But I don't have a muscular dystrophy.

Is Muscular Dystrophy NSW still the organisation for me?

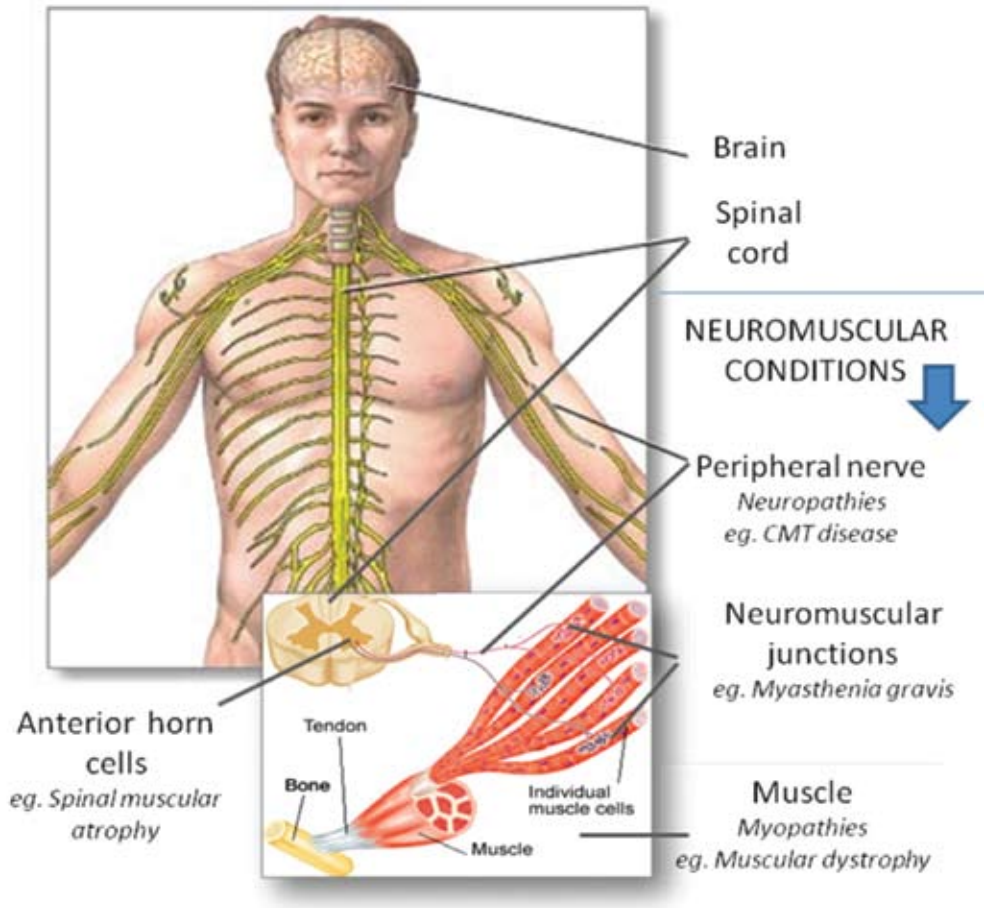
Prof. Kristi Jones,
Neuromuscular Clinic,
Childrens Hospital at Westmead

Muscular dystrophy is just one of many neuromuscular conditions now covered by the Muscular Dystrophy NSW program. The name 'Muscular Dystrophy Association' is historical, reflecting the origins of the organisation.

What is a neuromuscular condition?

When we want to move an arm, or a leg, messages originate in the brain, travel down the spinal cord, where the anterior horn cells give rise to the peripheral nerves. The message is then transmitted across the neuromuscular junction, finally reaching the muscle. Problems affecting any part of this system – from the anterior horn cell to the muscle result in the so called **'neuromuscular' conditions** (see diagram below).

- For example, primary disorders of the nerve are called 'neuropathies', and Charcot Marie Tooth disease is the most common of these.
- Spinal muscular atrophy results from deterioration of the anterior horn cell (the cells in the spinal cord that give rise to the peripheral motor nerves),
- And primary problems in the muscle are called 'myopathies'. The **muscular dystrophies** are a sub-group of the myopathies – with characteristic clinical findings and changes seen on muscle biopsy.



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Here is a list of many of the conditions covered by the Muscular Dystrophy NSW programme – but if your condition is not listed here – please email or give us a call, and we will help you find the right organisation for you.

MUSCULAR DYSTROPHIES:

Duchenne Muscular Dystrophy **(DMD)**
(Also known as Pseudohypertrophic)

Becker Muscular Dystrophy **(BMD)**

Emery-Dreifuss Muscular Dystrophy **(EDMD)**

Limb-Girdle Muscular Dystrophy **(LGMD)**

Facioscapulohumeral Muscular Dystrophy **(FSH or FSHD)**

Myotonic Dystrophy **(MMD)**
(Also known as DM or Steinert Disease)

Oculopharyngeal Muscular Dystrophy **(OPMD)**

Distal Muscular Dystrophy **(DD) (Miyoshi)**

Congenital Muscular Dystrophy **(CMD)**

MOTOR NEURON DISEASES:

Amyotrophic Lateral Sclerosis **(ALS)**
(Also known as Lou Gehrig's Disease)

Spinal Muscular Atrophy Type 1 **(SMA1, Werdnig-Hoffmann Disease)**

Spinal Muscular Atrophy Type 2 **(SMA2)**

Spinal Muscular Atrophy Type 3 **(SMA3, Kugelberg-Welander Disease)**

Spinal Bulbar Muscular Atrophy **(SBMA)**
(Also known as Kennedy Disease and X-Linked SBMA)

METABOLIC DISEASES OF MUSCLE:

Phosphorylase Deficiency **(MPD or PYGM)**
(Also known as McArdle Disease)

Acid Maltase Deficiency **(AMD)**
(Also known as Pompe Disease)

Phosphofructokinase Deficiency
(Also known as Tarui Disease)

Debrancher Enzyme Deficiency **(DBD)**
(Also known as Cori or Forbes Disease)

Mitochondrial Myopathy **(MITO)**

Carnitine Deficiency **(CD)**

Carnitine Palmityl Transferase Deficiency **(CPT)**

Phosphoglycerate Kinase Deficiency

Phosphoglycerate Mutase Deficiency

Lactate Dehydrogenase Deficiency

Myoadenylate Deaminase Deficiency

DISEASES OF PERIPHERAL NERVE:

Charcot-Marie-Tooth Disease **(CMT)**
(Also known as Hereditary Motor and Sensory Neuropathy (HMSN) or Peroneal Muscular Atrophy (PMA)

Friedreich's Ataxia **(FA)**

Dejerine-Sottas Disease **(DS)**

DISEASES OF THE NEUROMUSCULAR JUNCTION:

Myasthenia Gravis **(MG)**

Lambert-Eaton Syndrome **(LES)**

Congenital Myasthenic Syndrome **(CMS)**

INFLAMMATORY MYOPATHIES:

Dermatomyositis **(DM)**

Polymyositis **(PM)**

Inclusion Body Myositis **(IBM)**

MYOPATHIES DUE TO ENDOCRINE ABNORMALITIES:

Hyperthyroid Myopathy **(HYPTM)**

Hypothyroid Myopathy **(HYPOTM)**

OTHER MYOPATHIES:

Myotonia Congenita **(MC)**
(Two forms: Thomsen and Becker Disease)

Paramyotonia Congenita **(PC)**

Central Core Disease **(CCD)**

Nemaline Myopathy **(NM)**

Myotubular Myopathy/Centronuclear Myopathy **(MTM or CNM)**

Periodic Paralysis **(PP)**
(Two forms: Hypokalemic and Hyperkalemic