Ohio Chapter
INCORPORATED IN OHIO
American Academy of Pediatrics
DEDICATED TO THE HEALTH OF ALL CHILDREN®

UNDERSTANDING DUCHENNE MUSCULAR DYSTROPHY

WHAT IS DUCHENNE MUSCULAR DYSTROPHY

Duchenne Muscular Dystrophy (DMD) is a relatively infrequent genetic condition that causes muscles to weaken and break down over time. It mainly affects males and symptoms usually present between the ages of two and five. Kids with DMD have trouble walking, running, and climbing stairs because their muscles aren't working properly. Over time, it can also affect the heart and the muscles used for breathing.

SYMPTOMS

- Muscle weakness (predominantly proximal)
  - Delayed walking – mean age 18 months
  - Trouble getting to standing position
  - Waddling gait
  - Difficulty climbing stairs, running, jumping
  - Calf enlargement
- Children may have association with attention deficit hyperactivity disorder or autism spectrum disorder
- Children may have a harder time standing (known as Gower's Disease)
- Children may have an elevated creatine kinase (CK) level. If this is the case, a child may have to have a CK blood draw.

TREATMENTS

There are treatments for DMD:

- **Muscles and Bones**
  - Physical therapy is the most important treatment for patients with DMD. This will help to improve the strength, flexibility, and function of the child's muscles and bones.
- **Nutrition**
  - It is important for the child to have good nutrition. This can include calcium and vitamin D supplements to maintain bone strength.
- **Heart**
  - Various medications and cardiac therapy help the heart beat more efficiently.
- **Back**
  - Some patients with DMD develop scoliosis. This may require therapy, bracing, or surgery.
- **Medication**
  - In some cases, medications that reduce inflammation may be used.
- **Newer Therapy**
  - Research is being done to look at new ways to use gene therapy to treat DMD.

WHO WILL HELP TREAT DMD

- DMD is usually treated by a team of providers with expertise in many areas.
- Traditionally, genetic centers in Ohio lead care for DMD patients,
- Geneticists are responsible for interpreting DMD screening and are able to confirm diagnosis.
- It is always important to maintain communication with your child's primary care physician.

For more information, please visit:
https://tinyurl.com/29ta2dhr

OHIO'S GENETIC CENTERS

Division of Human Genetics
Cincinnati Children's Hospital Medical Center
3333 Burnet Avenue, MLC 4006
Cincinnati, OH 45229
(513) 636-4760
www.cincinnatichildrens.org

Dayton Outreach Sites: Westchester and Mason

Division of Medical Genetics
Dayton Children's Hospital
One Children's Plaza
Dayton, OH 45404
(937) 641-3800
www.childrensdayton.org

Dayton Outreach Sites: Beavercreek, Franklin, and Springfield

Toledo Children's Hospital
2150 W. Central Avenue
Toledo, OH 43606
(419) 291-5599
www.utoledo.edu

Nationwide Children's Hospital
700 Children's Drive
Columbus, OH 43205
(614) 722-3535
www.nationwidechildrens.org

Columbus Outreach Sites:
Athens, Waverly, Marietta, Zanesville, Lima

Department of Pediatrics
MetroHealth Medical Center
2500 MetroHealth Drive
Cleveland, OH 44109
(216) 778-4444
www.metrohealth.org/genetics

University Hospitals
Cleveland Medical Center
11100 Euclid Avenue, Lakeside 1500
Cleveland, OH 44106
(216) 844-3936
www.uhhospitals.org

Center for Personalized
Genetic Healthcare
Cleveland Clinic Foundation
9500 Euclid Avenue
Cleveland, OH 44195
(216) 636-1768
my.clevelandclinic.org/departments/genomics

Akron Children's Hospital
215 West Bowery Street
Akron, OH 44308
(330) 543-8792
www.akronchildrens.org

Akron Outreach Sites: Ravenna

Satellite site:
Aultman Maternal Fetal Medicine
2600 Tuscarawas St. W, Suite 300
Canton, OH 44708
(330) 363-6296

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