

# Educational Brochure



## Becker Muscular Dystrophy



Learning more about your condition

A Resource for the Becker Community

# What is Becker Muscular Dystrophy?



Becker muscular dystrophy is a rare disease affecting 3.6 per 100,000 males.<sup>27</sup> Becker muscular dystrophy can impact your everyday life by limiting your ability to walk or climb stairs as well as cause muscle fatigue and pain.<sup>5,6</sup> In Becker, muscle contraction causes muscle injury, which ultimately leads to loss of muscle and function.<sup>2,9</sup> Disease progression can occur at any age, and once decline begins functional loss is irreversible.<sup>1,2,10</sup>

## Diagnosing Becker Muscular Dystrophy

1



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3

### Physical Examination

Becker muscular dystrophy diagnosis begins with an extensive physical examination after initial symptoms appear.<sup>25</sup>

### Lab Testing

Elevated Creatine Kinase (CK) plasma level guides toward a potential diagnosis of Becker muscular dystrophy.<sup>3</sup> Individuals living with Becker muscular dystrophy may have up to 5 times the normal CK level.<sup>1</sup>

### Genetic Testing

Diagnosis is confirmed with genetic testing which identifies the underlying mutation.<sup>3</sup>



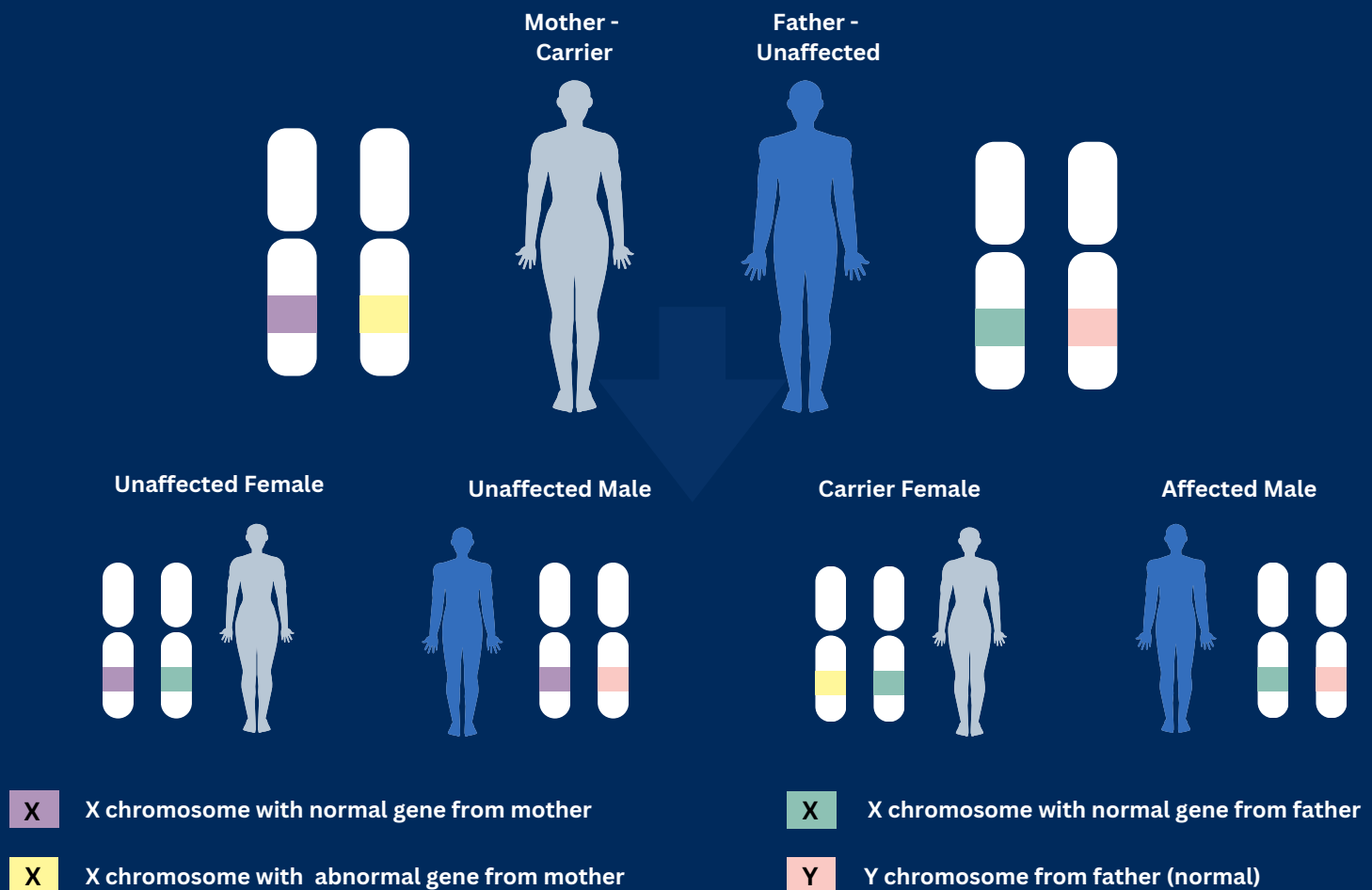
Muscle function loss may begin at any age and may affect your ability to perform everyday activities like walking or climbing stairs. Preserving muscle function is an important part of managing Becker muscular dystrophy.<sup>1,2,3,10</sup>

# How is Becker Muscular Dystrophy Inherited?

Becker muscular dystrophy is a x-linked recessive disorder caused by a dystrophin mutation on one of the X chromosomes of the mother.

- Each son born to a woman with a dystrophin mutation has a 50% chance of having Becker muscular dystrophy.
- Each daughter has a 50% chance of inheriting the mutation and being a carrier.

## X-Linked Recessive Inheritance



Each son born to a woman with a dystrophin mutation has a 50% chance of having Becker muscular dystrophy.



# Symptoms of Becker Muscular Dystrophy

## Becker Muscular Dystrophy Symptoms



- Muscle weakness
- Fatigue
- Loss of balance
- Impaired coordination
- Muscle cramps
- Difficulty walking
- Difficulty climbing stairs
- Exercise intolerance
- Reduced stamina
- Gait abnormalities
- Walking on the tips of toes
- Contractures
- Pseudohypertrophy
- Lordosis
- Scoliosis



- Cardiomyopathy
- Congestive heart failure
- Arrhythmias
- Swelling in the feet/lower legs



- Breathing difficulties
- Respiratory infections
- Sleep apnea



- Dysphagia
- Constipation
- Reflux
- Gastroparesis



- Developmental delay
- Motor delay
- Learning disability
- Behavioral deficits



“Being proactive in the management of your Becker muscular dystrophy is very important as it's a progressive disorder. The earlier you act, the more you may be able to minimize your symptoms and mitigate the challenges that may arise.”

Charlie – Living with Becker

Adapted from MDA

[https://www.mda.org/sites/default/files/2021/07/BMD\\_FactSheet\\_Jun2021.pdf](https://www.mda.org/sites/default/files/2021/07/BMD_FactSheet_Jun2021.pdf)

# Navigating your Care. Working with your Care Team.

Although there are no FDA-approved treatments currently available for Becker muscular dystrophy, working with your Care Team can play an important role in maintaining muscle function and improving quality of life.



## Medical Appointments

Receive regular checkups from your Care Team to monitor disease progression and discuss symptom management.



## Symptom Management

Manage symptoms by coordinating with your Care Team. Over the counter medications may be used to treat muscle pain or cramps. Your Care Team may prescribe other medications at their discretion to aid in muscle function or recommend the use of braces to aid in mobility.



## Rehabilitative Care Specialists

Rehabilitative care specialists including physical, occupational, and speech therapists can tailor options to help manage symptoms and improve quality of life.



## Emotional Support

At times, you may feel overwhelmed managing your condition. Members of your Care Team including Psychiatrists, Psychologists, and Social Workers are trained to offer emotional resources to help support your needs.



## Remain Active

Your Care Team can help to develop an exercise program that best fits your needs and lifestyle. Maintaining an active lifestyle can be very beneficial for individuals living with Becker muscular dystrophy. Remaining active can minimize the potential of joint contractures, muscle fatigue, and reduce loss of muscle functions critical to performing everyday activities.



## Clinical Trials

Clinical trials are being conducted to evaluate the safety and efficacy of potential Becker muscular dystrophy treatments. Discuss clinical trial participation with your Care Team to help decide whether a specific trial fits your needs.



For more information on Becker muscular dystrophy, please visit [Beckermusculardystrophy.com](https://Beckermusculardystrophy.com)



## Finding Additional Support

These organizations provide valued resources to people living with multiple different muscular dystrophies. Edgewise Therapeutics is not affiliated with these organizations and is providing this information as a resource to the Becker muscular dystrophy community.



*ClinicalTrials.gov*

# Parent Project Muscular Dystrophy



## Notes:

**For more information, visit [Beckermusculardystrophy.com](http://Beckermusculardystrophy.com)**