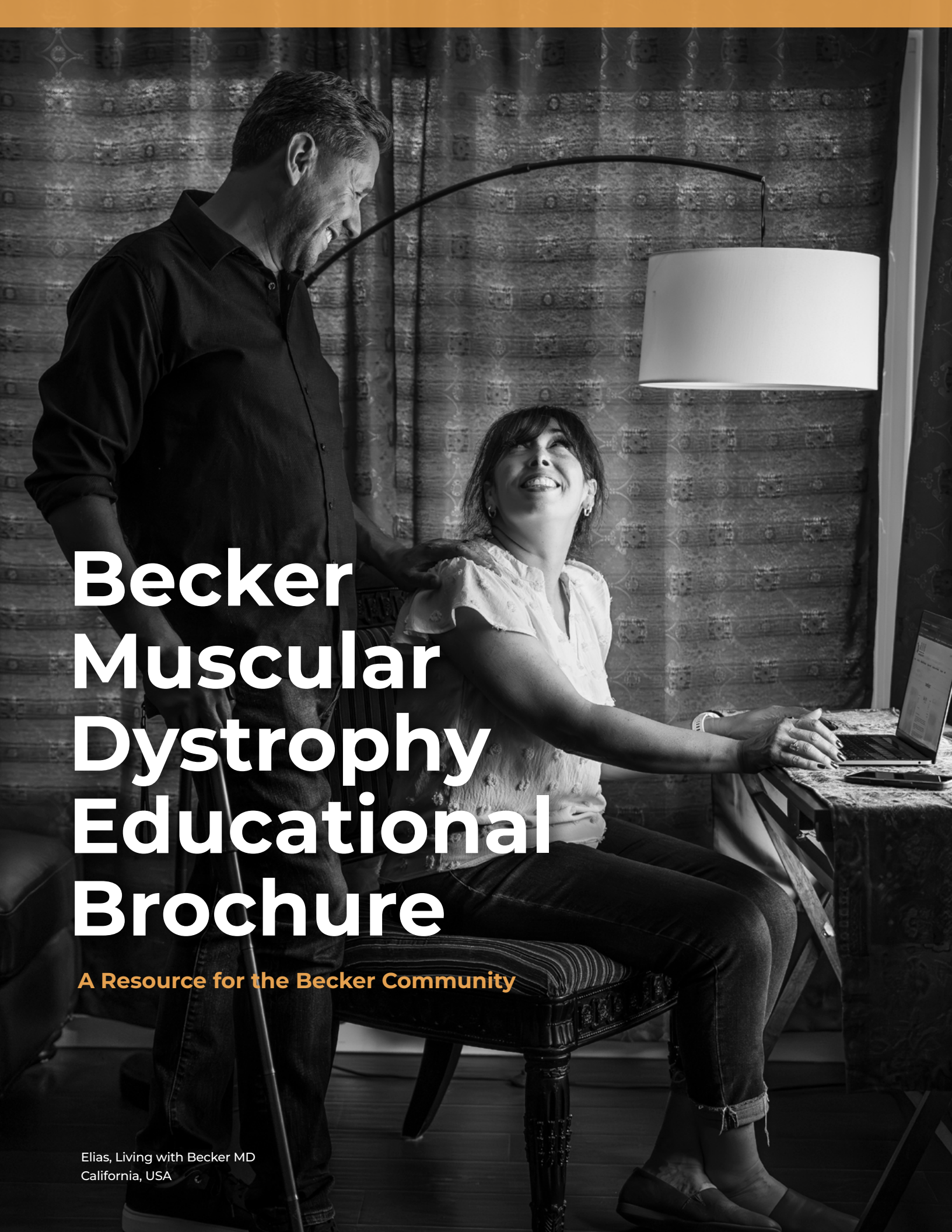




Becker Muscular Dystrophy Educational Brochure

A Resource for the Becker Community

Elias, Living with Becker MD
California, USA

In Becker, Every Fiber Matters and Every Moment Counts

Progression in Becker doesn't happen all at once. It unfolds beneath the surface, fiber by fiber, movement by movement, shaping the course of the disease long before decline becomes visible. That's why it's important to understand what's happening inside your muscles now, so you can stay a step ahead and get the support you need to protect the muscle fibers that power the moments that matter most.

Becker Quietly Affects Muscle and Heart Health

- Becker is a rare disease affecting 3.6 per 100,000 males
- In people with Becker, a protein called *dystrophin*, which helps provide structural support for muscle fibers, doesn't work correctly
- As a result, muscles are more susceptible to consistent wear and tear and ultimately lose the ability to repair themselves
- Because of this, common actions people talk about, like going up stairs, rising from a chair, catching yourself from a stumble, or walking downhill, may be more difficult
- Over time, muscles are replaced with scar and fat tissue. This repetitive process is what causes muscle weakness and heart complications in Becker

Diagnosing Becker

1



2



3

Physical Examination

Becker diagnosis begins with a physical examination after initial symptoms appear.

Lab Tests

Elevated creatine kinase (CK) plasma level, which can be determined through a blood test that measures an enzyme released when muscles are damaged, guides toward a potential diagnosis of Becker. Individuals living with Becker may have up to 50 times the normal CK level.

Genetic Testing

Diagnosis is confirmed with genetic testing, which identifies the underlying mutation.

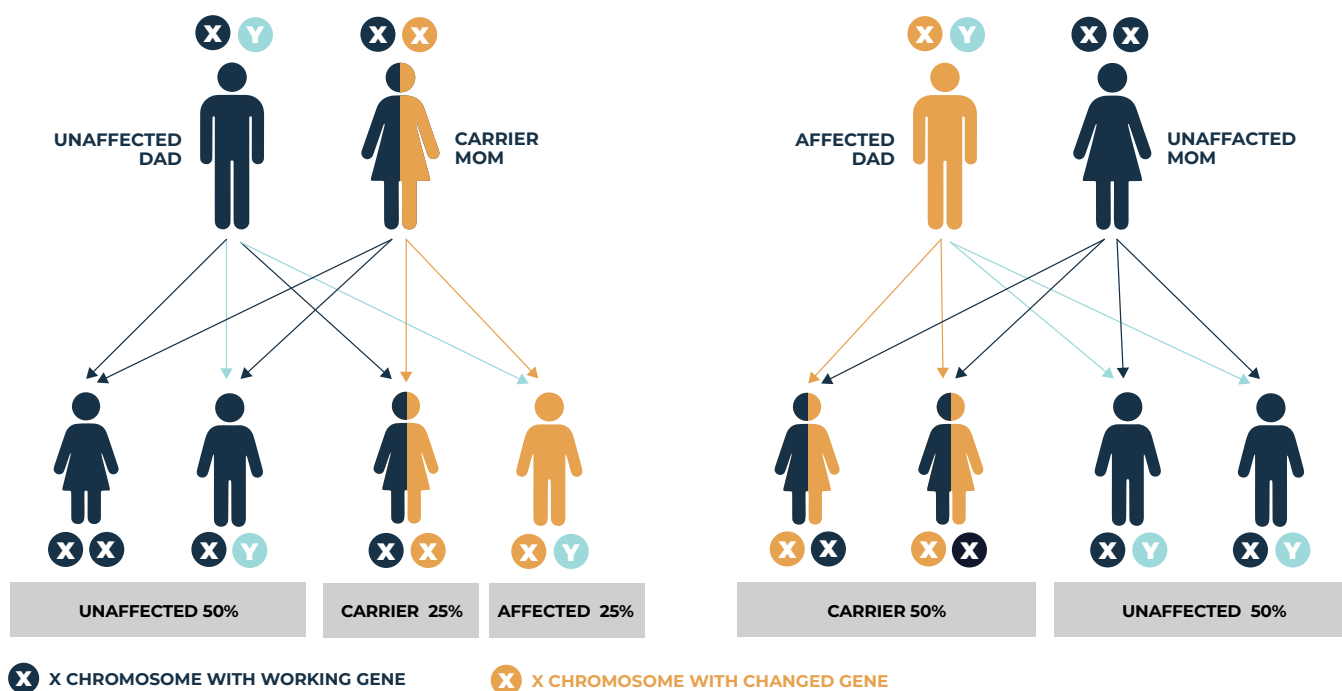
How is Becker Inherited?

Becker is caused by a change in the *dystrophin* gene that affects the body's ability to make *dystrophin*, the protein that helps keep muscles healthy and strong. Even when only one person in a biological family is diagnosed with Becker, others may still have the gene change.

Boys inherit an X chromosome from the mother and a Y chromosome from the father. Girls inherit two X chromosomes, one from each parent. Becker mainly affects males because the *dystrophin* gene is located only on the X chromosome. If a female has the affected gene on one of her X chromosomes, she is a carrier.

Becker is Inherited in an X-Linked Pattern

The *DMD* gene is on the X chromosome.



- **For an unaffected dad and carrier mom:**

- Each son has a **50%** chance of having Becker
- Each daughter has a **50%** chance of being a carrier

- **For an affected dad and unaffected mom:**

- Each son has a **0%** chance of having Becker
- Each daughter has a **100%** chance of being a carrier

For more information on Becker, scan the QR code or visit BeckerMuscularDystrophy.com



Becker 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



- Dysphagia
- Constipation
- Reflux
- Gastroparesis



- Breathing difficulties
- Respiratory infections
- Sleep apnea



- Developmental delay
- Motor delay
- Behavioral deficits

Living with Becker



Elias, Living with Becker MD
California, USA

“I got diagnosed in my mid-30s. There was no cure, and it felt like there was nothing anybody could do for me. Since then, I’ve learned that there actually are some things that can help.”

—Elias, Living with Becker

Take Steps to Manage Becker

There's currently no cure for Becker, but there are ways to manage it, one proactive step at a time. Work with your doctors right away to plan for care that fits your needs and changes with your life.



Medical Appointments

Coordinate regular checkups to monitor disease progression and discuss symptom management.



Rehabilitative Care

Consult with rehabilitative care specialists, including physical, occupational, and speech therapists, to receive tailored recommendations that support your unique needs.



Remaining Active

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



Symptom Management

Manage symptoms by coordinating with your Care Team. Over-the-counter medications may be used to treat muscle pain or cramps. At their discretion, your Care Team may prescribe corticosteroids to aid in muscle function or recommend the use of braces to aid in mobility. Heart medications may also be used to manage heart-related symptoms.



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 you.



Clinical Trials

There may be clinical trials evaluating the safety and efficacy of potential Becker treatments. Discuss clinical trial participation with your Care Team to help decide whether you may be a candidate for any specific trials.

For more information on Becker, scan the QR code or visit BeckerMuscularDystrophy.com



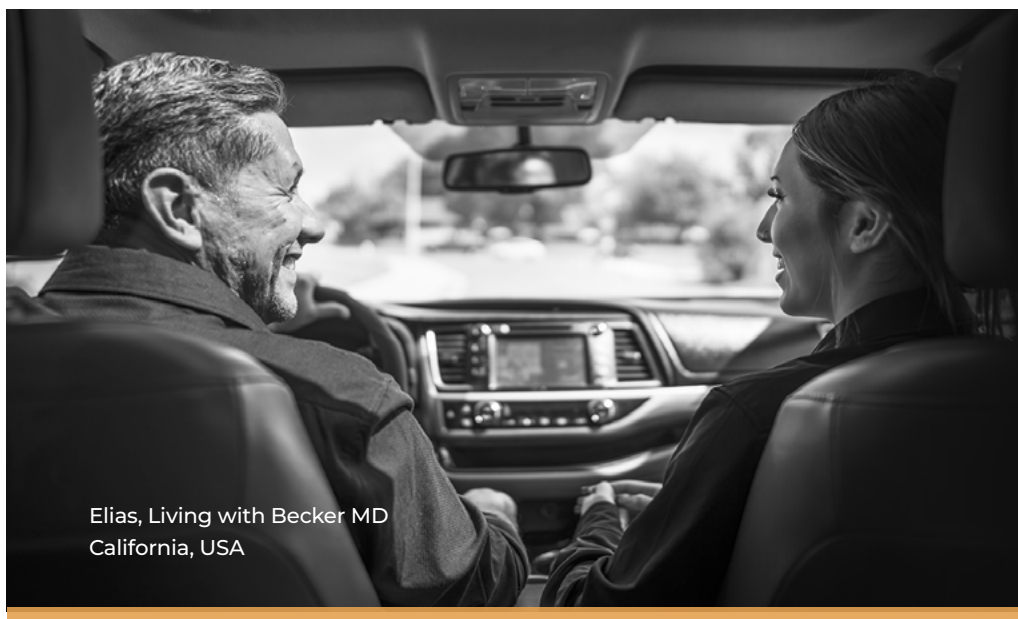
Finding Additional Support

The following organizations provide resources for the Becker community. These organizations are not affiliated with or endorsed by our company.



ClinicalTrials.gov

**Parent
Project
Muscular
Dystrophy**



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Explore discussion guides, community events, and more
Scan the QR code or visit BeckerMuscularDystrophy.com/Resources



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