

Becker Muscular Dystrophy and Your Heart

Protecting the Fibers That Keep You Moving

Why Heart Health Matters in Becker

Living with Becker muscular dystrophy means paying attention to all your muscles, including your heart, which can change over time. Changes in heart function may begin quietly, before you notice anything different in your daily life. That's why understanding your heart health is important.

How the Heart May Be Affected

Becker muscular dystrophy can sometimes weaken the heart muscle.



This may lead to various conditions, including:

- **Irregular heartbeats** (arrhythmias)
- A condition where the **heart does not pump as effectively** as it should (dilated cardiomyopathy, or heart failure)

Dilated cardiomyopathy is a **serious heart condition** requiring care from a heart specialist (cardiologist). For some people, dilated cardiomyopathy may be the **first sign** of Becker muscular dystrophy.

You May Not Feel It—But It Can Still Be Happening

One of the challenges of Becker is that progression often happens gradually and beneath the surface. You may not have symptoms, even though changes in your heart are developing over time.

That can feel uncertain, but it also means there's an opportunity to stay ahead of things.

Proactive care isn't just about responding to symptoms. It's about helping protect your heart health before problems arise.

Taking Action: Monitor Your Heart

There are things you can do to support your heart health:

- Include a **cardiologist** as part of your care team



- A cardiologist **monitors** changes in cardiac health and can initiate heart failure treatments early, which can help **improve prognosis**
- While there are currently no treatments specific to Becker muscular dystrophy, there may be medication options a cardiologist can prescribe to support heart health

- Keep up with **regular heart checkups at least every 2 years**, even if you feel well
- Ask questions and learn about your heart health
- Share any new symptoms, no matter how small they seem



Your Becker Care Team

Managing Becker muscular dystrophy is a team effort. Your care team may include cardiologists, neurologists, physical therapists, primary care providers, and caregivers—but you are at the center of it all. Asking questions, sharing changes, and staying informed are some of the ways to take an active role in your care.

Together with your Becker care team, you can build a care plan that supports your needs now and adapts with you over time.



“I got diagnosed in my mid-30s. When I found out there was no cure, there wasn’t anything anybody could do for me. I’ve since realized there are some things that can help.”

—Elias, Living with Becker

Download a cardiac discussion guide

Get tips for discussing heart health with your healthcare provider
by scanning the QR code or visiting
BeckerMuscularDystrophy.com/Resources



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