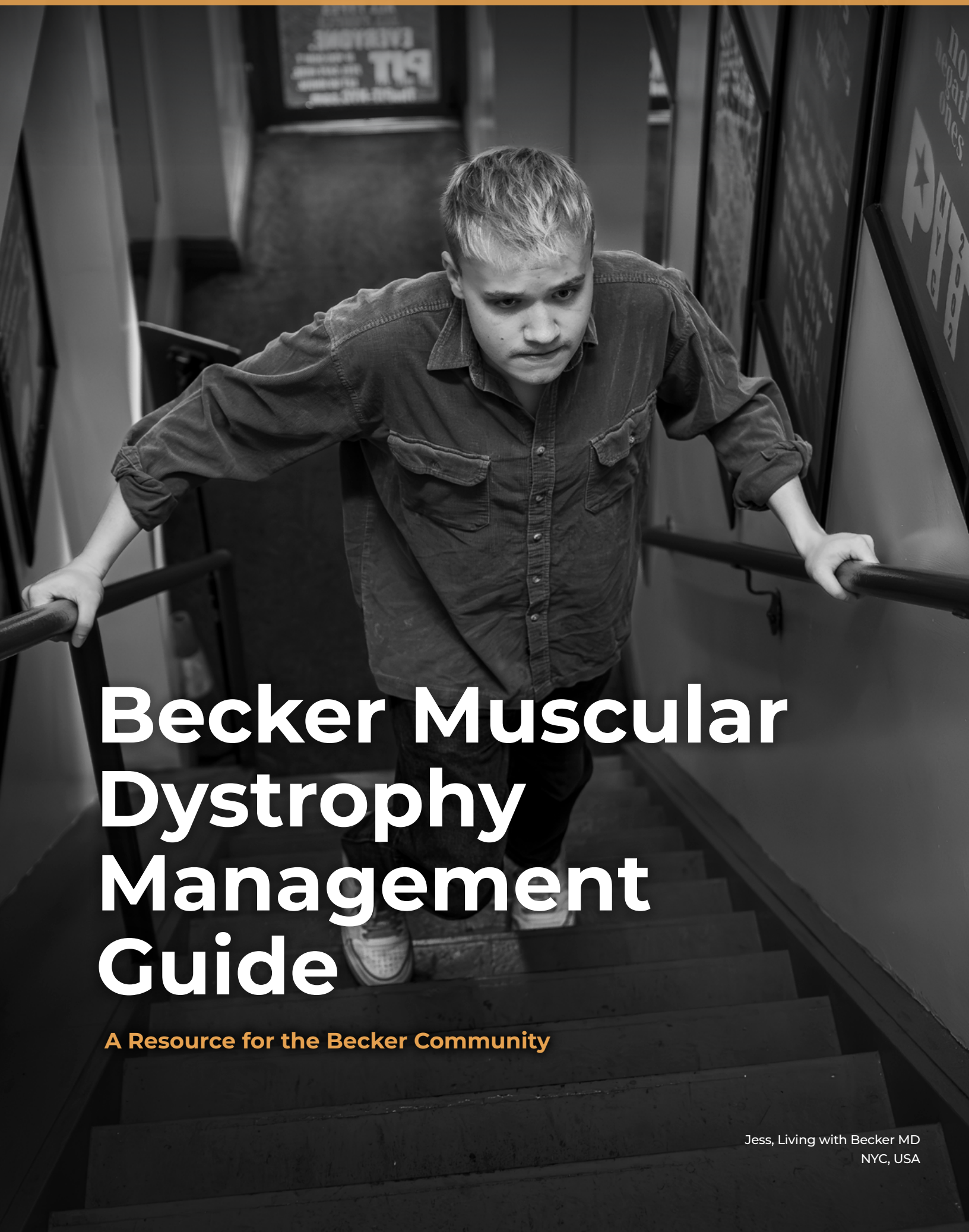

Becker Muscular Dystrophy Management Guide

A Resource for the Becker Community

Jess, Living with Becker MD
NYC, USA

Muscle Protection Starts Now

Becker is a complex disease that affects different systems in your body. Building a Care Team early can help you establish a baseline, monitor changes over time, and create a personalized plan to help you stay engaged in the activities and moments that matter most to you.

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.

Resources are available to help you assemble a Becker Care Team

Scan the QR code or visit **BeckerMuscularDystrophy.com/Build-Your-Care-Team**

Healthcare Providers Involved in Becker Care

Becker affects virtually every aspect of a person's life. It can feel overwhelming at times, but working with a team of healthcare providers can make all the difference in how you move forward.

Core Team

Neurologist
Certain neurologists specialize in the treatment of neuromuscular diseases like Becker and help coordinate care across different Care Team specialists.

Cardiologist
Monitors for changes in cardiac health and treats to prevent and delay worsening of cardiac function.

Physical Therapist
Supports muscle strength and function and develops custom exercise programs to help support mobility.

Primary Care Physician
Coordinates general care for acute medical issues, such as mild illness, and initiates referrals to other healthcare providers.

Broader Team

Endocrinologist
Monitors bone health and treats conditions associated with low testosterone due to steroid use.

Psychiatrist/Psychologist
Provides mental health support.

Gastroenterologist
Treats a variety of symptoms, including constipation, gastroesophageal reflux, and gastrointestinal motility issues.

Pulmonologist
Helps individuals living with Becker with breathing issues due to respiratory muscle weakness.

Care As Needed

Orthopedist
Treats fractures and related bone complications.

Geneticist
Assists with the diagnosis of Becker (affects individuals and family members) and provides information to understand how Becker may be inherited and affect other family members.

Occupational Therapist
Helps people with disabilities make adaptations for activities of daily living and working.

Social Worker
Helps individuals living with Becker coordinate needed resources and support.

Speech Therapist
Provides assistance to individuals living with Becker who are experiencing difficulty swallowing.

Finding Additional Support

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

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Explore discussion guides, community events, and more

Scan the QR code or visit **BeckerMuscularDystrophy.com/Resources**

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