

Talking With Your Neuromuscular Specialist

Becker Muscular Dystrophy and Everyday Life

The Changes You Notice Matter

Becker can affect muscle strength and movement over time. Neuromuscular specialists can help monitor these changes and guide your next steps.

Use this guide to help you prepare for your neurology appointment, ask questions, and keep track of key information about your care.

Don't Wait to Build Your Care Team



You may work with different specialists over time. Your neuromuscular specialist can help identify which tests, referrals, and support make sense right now. You can take it one step at a time.

Ask your neuromuscular specialist:

- What tests or assessments should I be thinking about now?
- Can you recommend a physical therapist who understands Becker and can help me with exercise?
- Is there a cardiologist familiar with Becker who can help me stay proactive with heart care?
- What other specialists or referrals may be helpful?

Track Changes



People often do not notice gradual changes that occur over long periods of time. Think back to a year ago, or ask a loved one if they've observed any changes. Be sure to speak with your neuromuscular specialist about any changes at your next appointment.

Check any changes you've noticed:

To see a full list of potential symptoms, visit the *Living with Becker* page on BeckerMuscularDystrophy.com

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| ☐ I'm tripping or falling more often | ☐ Opening jars or gripping objects feels difficult |
| ☐ Stairs take more effort than they used to | ☐ I get tired more easily during everyday activities |
| ☐ Standing up from chairs is difficult | ☐ Note other changes to share with your neuromuscular specialist here: _____ |
| ☐ Carrying groceries or lifting objects feels more difficult | _____ |



Monitor Progress Over Time

Tests that evaluate your strength and how you move may help your care team understand how Becker is affecting muscle function and daily activities over time. Tools like the NSAA (North Star Ambulatory Assessment) are sometimes used as part of ongoing Becker care.



Jess, Living with Becker MD
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Ask about assessments

Consider asking your neuromuscular specialist whether it may be helpful to book a mobility assessment or functional evaluation as part of your care.

Building your care team can start with one conversation

Get tips for connecting with the right specialists by scanning the QR code or visiting **BeckerMuscularDystrophy.com/Build-Your-Care-Team**

