

DISCUSSION STARTERS

Here are some general suggestions of topics to ask about in clinic:

- Is mental health support available?
- Are there any surgical or medical emergency care precautions you should be aware of?
- Are there multidisciplinary services you can access such as: rehabilitative, physical, occupational therapists?
- What forms of exercise are safe and effective for individuals with LGMD?
- Is there a way to access specialized physical therapy care at the clinic (such as swimming)?
- Are there any activities that should be avoided?
- Is there any special equipment or devices that could improve your independence and safety at this stage of your condition?
- Will you need pulmonary or cardiac monitoring?
- Is there a dietitian you can see to strategize optimizing your health as an individual with LGMD?
- Are there special precautions to know about regarding the use of steroids and your specific subtype of LGMD (since steroids are helpful to some subtypes and contraindicated for others)?
- Is there access to genetic counseling to help you understand the pattern of inheritance for your subtype of LGMD?
- Is there a subtype specific registry you can join?
- How can you remain up to date about research development for your subtype of LGMD?
- Are there any natural history studies or clinical trials to learn about for your subtype of LGMD?

Learn More LGMD-Info.org

Connect @[LGMDawareness](https://www.facebook.com/LGMDawareness): [f](https://www.facebook.com/LGMDawareness) [ig](https://www.instagram.com/LGMDawareness) [t](https://www.twitter.com/LGMDawareness) [d](https://www.youtube.com/LGMDawareness) [in](https://www.linkedin.com/LGMDawareness)

