LGMD AT-A-GLANCE

Limb-girdle muscular dystrophy (LGMD) is a group of rare, genetically inherited neuromuscular conditions that cause progressive muscle weakness.

30+

There are over 30 subtypes of LGMD.

What causes LGMD?

LGMD is caused by mutations in genes that provide instruction for making proteins necessary for muscle function, regulation, and repair.

Genetic testing can confirm diagnosis and identify the specific mutation.

4th most common form of muscular dystrophy.

All LGMDs are classified as rare.

Globally LGMDs collectively affect an estimated **1.63 per 100,000** people.

Therapies can help.

While there are no treatments that directly reverse muscle weakness — good care, support, and therapies can help manage living with LGMD.

There are now clinical trials in progress for some forms of LGMD.

LIMB-GIRDLE MUSCULAR DYSTROPHY

When do signs appear?

Symptoms may begin in childhood, young adult or even later.

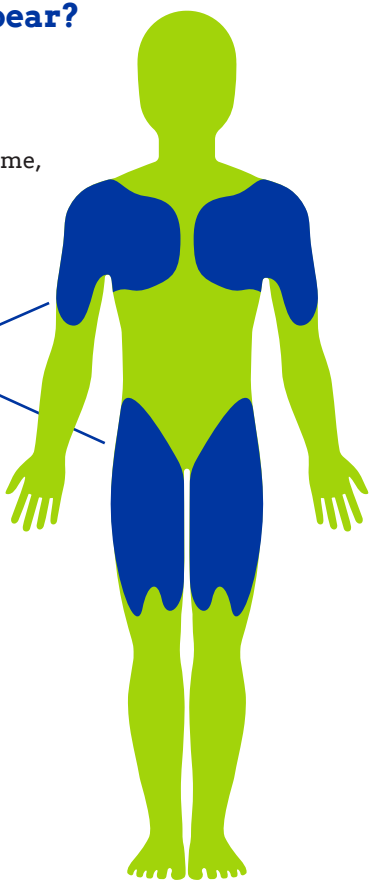
Symptoms generally progress with time, although in some cases, they remain mild.

Muscles most affected:

Around the shoulders, upper arms, hips, and thighs

In some forms of LGMD, heart muscles may be affected.

Muscles associated with breathing may be affected.



Who is affected?

Both genders are affected equally.

LGMD AWARENESS FOUNDATION