



Advocacy Day for Limb Girdle Muscular Dystrophy

Background on LGMD

- Limb Girdle Muscular Dystrophies (LGMDs) are a group of rare neuro-muscular diseases that cause progressive muscle weakness and wasting.
- The unrelenting nature of this disease often results in a person's inability to independently perform most activities of daily living (bathing, dressing, grooming, meal prep, ambulating, etc.)
- These inherited diseases can also include life-threatening cardiac (heart) and pulmonary (breathing) complications.
- LGMDs can have onset in childhood, adolescence, or adulthood, and affect both genders and all ethnic groups.
- As an orphan disease, funding to advance vital research to find a treatment and cure is significantly lacking.
- Presently there are no approved treatments for any of the roughly 30 genetic types of LGMD.
- While LGMDs are much less well known than Duchenne Muscular Dystrophy (DMD), the total number of patients affected by all forms of LGMD is comparable to the number of DMD patients.
- Additional facts about LGMD can be found at <https://lgmd-info.org/lgmd-facts/>.
- Go to <https://www.govtrack.us/congress/members> to put in your state to attain the names of your two state senators.
- To get the information for your state representative, visit <https://contactingcongress.org/>.

