



**DUCHENNE MUSCULAR
DYSTROPHY IS COMPLICATED.**
Understanding it doesn't have to be.



DOCTOR DISCUSSION GUIDE

This resource can guide you through important conversations with your doctor so you can better understand Duchenne and make informed decisions about your options for care.

Remember: Your doctor is always your best source for information about Duchenne and treatment options. Be sure to bring this guide with you to your next appointment.



Understanding Duchenne

Duchenne is caused by a mutation in the dystrophin gene.

People with Duchenne are unable to make usable dystrophin, a key protein in muscle health and function.

Without dystrophin, the body loses healthy muscle.

Over time, this leads to symptoms like muscle weakness, balance issues, and fatigue (feeling very tired).

Since the heart is also muscle, it is at risk of losing strength.

Weakening of the heart can cause cardiomyopathy, which is the term that is used to describe disease of the heart muscle. Cardiomyopathy will affect almost everyone with Duchenne.



Research suggests that addressing problems like loss of dystrophin and cardiomyopathy may help slow the progression of Duchenne.

Learn more about Duchenne at [WeSpeakDuchenne.com](https://www.wespeakduchenne.com)



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Ask your doctor these questions to gain a better understanding of Duchenne, cardiomyopathy, and potential treatments.

1 What are the stages of Duchenne? What stage is my child in?

2 What is cardiomyopathy? Is my child at risk?

3 What are the signs of cardiomyopathy?

4 What treatment options are available to us? What are the benefits and risks of each?

5 How will I know what my child is eligible for?

6 What are our next steps?



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