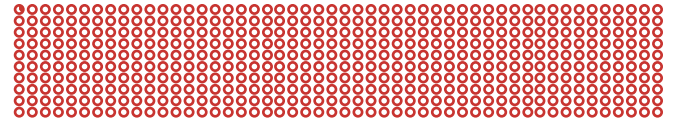




MUSCULAR DYSTROPHY



One open dot = 10

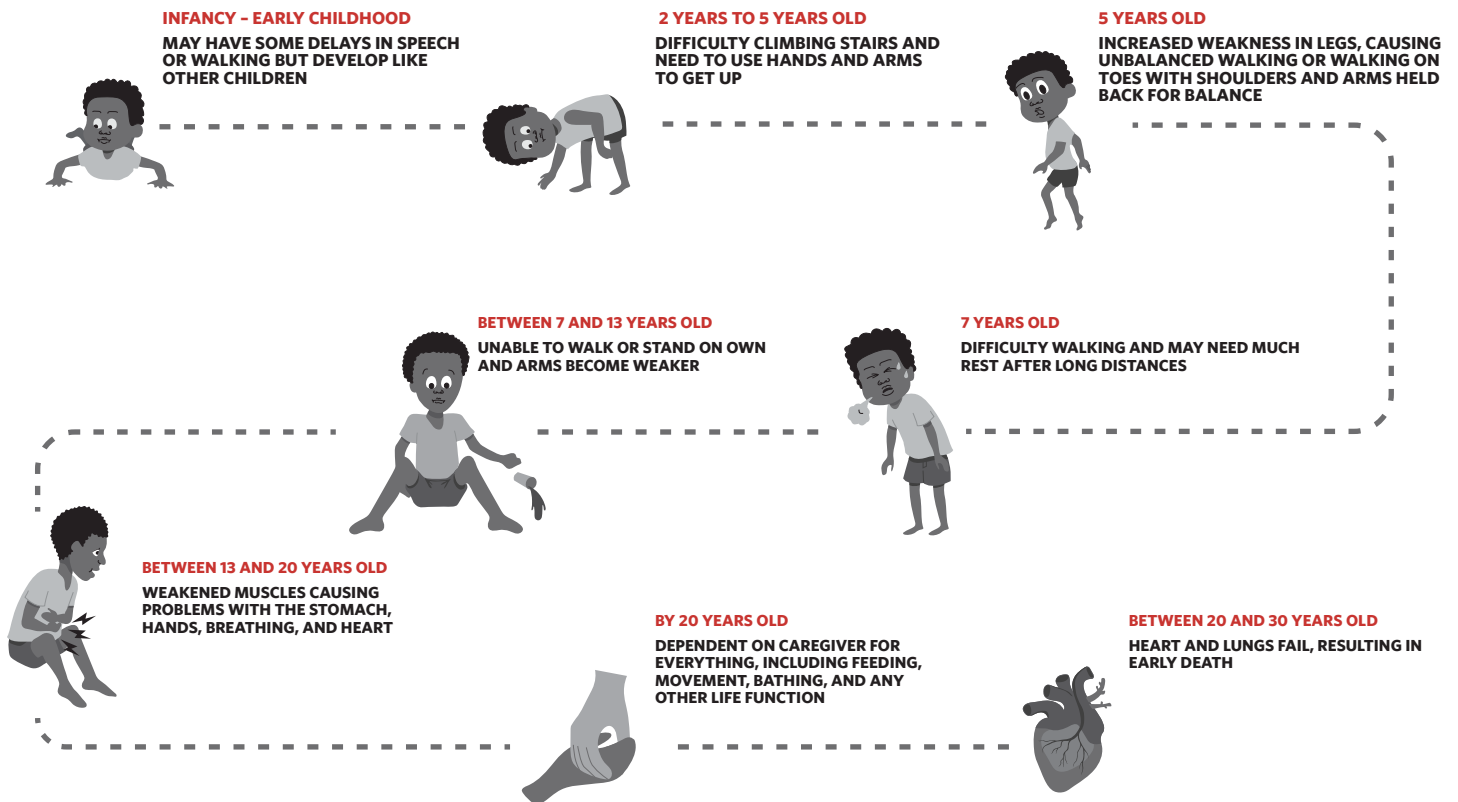
1 out of every 5,600 to 7,700 people have Duchenne's form of muscular dystrophy.¹

DESCRIPTION^{2, 3, 4}

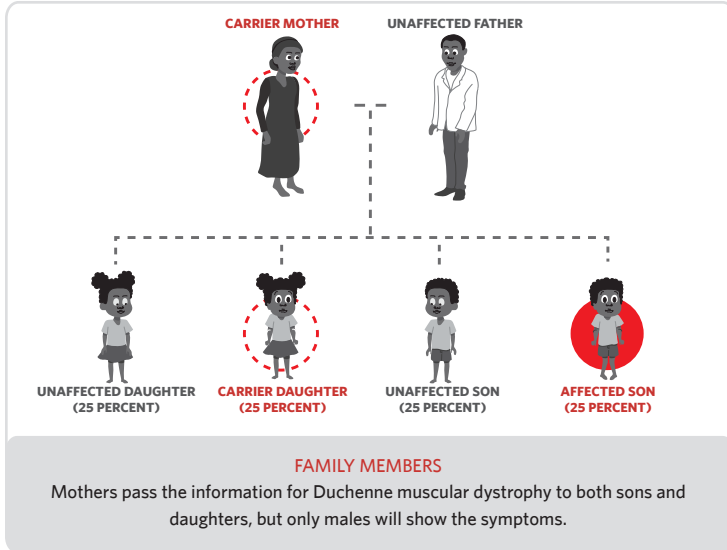
A group of inherited diseases that cause the muscles to become weaker over time, eventually limiting the use of arms and legs in addition to weakening the lungs and heart. There are several types of muscular dystrophy, but Duchenne's is the most common and severe. Becker's is similar, but symptoms usually show up in the teen years.

SIGNS AND SYMPTOMS^{5, 6, 7}

Depending on the type of muscular dystrophy, children can show symptoms as early as two and as late as twenty-five years old. Before the onset of symptoms, they develop like any other child. Duchenne muscular dystrophy is the most common type, with clear signs occurring sometime between 7-12 years. Duchenne's is what is detailed below.



POSSIBLE CAUSES AND RISK FACTORS ^{8,9}



- Only males have the condition
- Mothers carry information (genes) for the condition but do not have it themselves (carrier)
- May have family members with the condition
- May occur without any family members having it



GERALD

As a young child, Gerald was able to run around his village. By the age of 6, however, he was struggling to walk. By the age of 10, he was in a wheelchair. As his condition got worse, his family was ridiculed, accused of witchcraft, and threatened with harm.

Often, others did not realize that Gerald was intelligent and loved to learn. Although he studied and took exams while lying down, his scores were at the top of the class.

Kupenda/Kuhenza educated his community about muscular dystrophy and how it would eventually take his life. His community began assisting him to get to and from school and aided his family with household chores.

In January of 2021, Gerald died in his early twenties, as is common for people with muscular dystrophy. He died surrounded by love.

Art Director: Amy Allaire | www.amyallaire.com
Graphic Designer: Siwen Tao | www.siwentao.com

INTERVENTIONS ^{10, 11, 12, 13}

Professional



Family/Community



Kuhenza for the Children

Tel: +254-733-316584 | kuhenza@kuhenza.org | www.kuhenza.org | PO Box 9, Gede, Killifi, Kenya 80208

© 2023 Kupenda for the Children and Kuhenza for the Children. All Rights Reserved.

INTERVENTIONS CONTINUED . . .

Family/Community (For those who are unable or have difficulty moving on their own)



CHANGE THEIR POSITION OFTEN



ENSURE THEY HAVE CLEAN CLOTHES



BATHE THEM AFTER SOILING THEMSELVES



PROVIDE PAMPERS (NAPKINS)



PROVIDE ASSISTANCE DEVICES



USE TOILET ADAPTATION DEVICES

NOTES

1. Marissa Selner, "Duchenne Muscular Dystrophy," Healthline, August 26, 2020, <https://www.healthline.com/health/duchenne-muscular-dystrophy#prevention>.
2. "Muscular Dystrophy," National Institute of Neurological Disorders and Stroke, accessed February 15, 2023, <https://www.ninds.nih.gov/health-information/disorders/muscular-dystrophy>.
3. "What is Muscular Dystrophy?" Centers for Disease Control and Prevention, last modified November 21, 2022, <https://www.cdc.gov/ncbddd/muscardystrophy/facts.html>.
4. David Werner, *Disabled Village Children* (Berkeley: Hesperian Health Guides, 2018), 109.
5. "Muscular Dystrophy," National Institute of Neurological Disorders and Stroke.
6. Stephanie Watson, "Understanding Muscular Dystrophy—Symptoms," WebMD, last modified May 14, 2021, <https://www.webmd.com/children/understanding-muscular-dystrophy-symptoms#1>.
7. "Caring for Someone with Duchenne Muscular Dystrophy," Duchenne and You, accessed February 15, 2023, <https://duchenneandyou.co.uk/caring-for-a-child-with-duchenne/>.
8. Werner, *Disabled Village Children*, 110.
9. "Duchenne Muscular Dystrophy," Health Jade, accessed February 15, 2023, <https://healthjade.net/duchenne-muscular-dystrophy/>.
10. Werner, *Disabled Village Children*, 110.
11. Watson, "Understanding Muscular Dystrophy—Symptoms."
12. "Caring for Someone with Duchenne Muscular Dystrophy," Duchenne and You.
13. Werner, *Disabled Village Children*, 110.