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Duchenne Muscular Dystrophy -A Case Study

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ABSTRACT-Muscular dystrophies are a group of diseases that make muscles weaker and less flexible over time. Duchenne muscular dystrophy (DMD) is the most common type. It's caused by flaws in the gene that controls how the body keeps muscles healthy.The disease almost always affects boys, and symptoms usually begin early in childhood..Although there isn't a cure, the outlook for people with DMD is better than it has ever been. Years ago, children with the disease usually didn't live beyond their teens. Today, they live well into their 30s, and sometimes into their 40s and 50s.

KEYWORDS- Muscles, Climbing, Walking,Contractures, Scoliosis

1. CASE STUDY OF MASTER X

Master X ,12years old male, presented to the emergency room with the complain of difficulty in climbing stairs and walking and weakness in both limbs 3 days prior to his admission. There was no history of fever, loss of consciousness. Patient was a diagnosed case of Duchenne muscular dystrophy Since 8 years before. He was born through normal vaginal delivery and had normal birth weight. Patient started to walk after the age of two. There was no history of fever, loss of consciousness or trauma. Radiological examination of the brain was found to be normal. With time, therewas progressive deterioration of movement of legs, behavioural changes. There was no past history of any other chronic illness like tuberculosis, asthma, diabetes, trauma or blood transfusion. Family history revealed that his cousin brother suffered from similar illness and died at the age of 28 years.

CLINICAL MANIFESTATIONS:

BOOK PICTURES	**PATIENT PICTURES**
scoliosis	A curved spine
Contractures	Shortened, tight muscles in his legs
Headaches	Present
Sleepiness	Present
Problem with learning and memory	Trouble in concentrating
Shortness of breathe	Present

CAUSES:

BOOK PICTURE	**PATIENT PICTURE**
Genetic problem	Present

DIAGNOSTIC FINDINGS:

BOOK PICTURE	**PATIENT PICTURE**
Child's Medical History	Done
Blood Tests.(Creatine Kinase)	Done
Muscle Biopsy	Done

TREATMENT- There's no cure for DMD, but there are medicines and other therapies that can ease your child's symptoms, protect his muscles, and keep his heart and lungs healthy.

BOOK PICTURE	**PATIENT PICTURE**
Eteplirsen (Exondys 51)	Not given
Steroids	Administered prednisone

2. SUMMARY

In DMD gene that makes a protein called dystrophin is broken. This protein normally keeps muscles strong and protects them from injury.Stand and walk as much as possible, but healthy foods and treatment can prevent weight problems or help with constipation, Exercise and stretches can keep your child's muscles and joints limber and help him feel better. A physical therapist can teach him how to exercise safely without overworking, psychologist or counsellor heip the child for stress removal and to feel better.

3. CONCLUSION

Prevention of disease is of fundamental importance. When prevention of disease is not possible, prevention of further complication is a priority. With proper care the intensity will be minimised.

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