

# Do you recognize any of these signs or symptoms in you or someone you know?

IT'S NOT IN YOUR HEAD

IT'S IN YOUR MUSCLES



- Poor balance with frequent falls**
- Muscle weakness**
  - Difficulty walking or running
  - Walking with swaying hips or a waddle
  - Difficulty performing sports
  - Difficulty climbing stairs
  - Difficulty rising from an armchair
  - Difficulty rising from a lying position
  - Difficulty carrying or lifting objects (even light ones)
  - Difficulty raising arms over your head or keeping arms up
  - Difficulty washing or brushing your hair
- Gradual muscle loss or wasting**
- Muscle soreness, cramps or pain**
- Fatigue, daytime sleepiness or morning headaches**
- Trouble breathing while sleeping (sleep apnea)**
- Difficulty chewing or swallowing**
- Tongue weakness**
- Acid reflux (heartburn)**
- Lower back pain**
- Scoliosis**
- Limited range of movement**
- Drooping eyelids**

Ask your doctor for a referral to a neuromuscular specialist and/or neurologist who can order panels of genetic testing based on your symptoms. Your doctor may refer you to a regional neurologist. There are also several neuromuscular clinics across Canada that may be located close to where you live.



Here are some questions you can ask:

- 1.** What do my signs or symptoms mean?
- 2.** Could I have a neuromuscular disease?
- 3.** How can I find out if I have a neuromuscular disease? What tests are available? Should I get genetic testing?
- 4.** Should I be referred to a neuromuscular specialists and/or neurologist?
- 5.** I have been diagnosed with \_\_\_\_\_. Is it possible that my signs or symptoms could actually be something else?

Write down any other questions you may have:

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