

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**
- Loss of function**
- 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**

Talk to a healthcare professional if you or someone you know are experiencing these signs or symptoms – it could be related to a neuromuscular disease

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:

➤ Visit muscleweakness.ca for more information and to find out who else you can talk to about your signs and symptoms