

#WDAD2024



DUCHENNE AWARENESS
DAY
7 sept 

KEY FACTS

- Duchenne and Becker muscular dystrophy are rare genetic diseases causing progressive muscle breakdown.
- It is caused by a mutation on the X-chromosome, that is why mainly boys are affected.
- Currently, there is no cure available.
- Each year, 1 in 5.000 boys are born with DMD worldwide.
- The average age of diagnosis for DMD is 4.5 years.
- On average there is a delay of 2.5 years between when symptoms first appear and when the diagnosis is made.
- With optimal care, life expectancy continues to increase.

WORLD DUCHENNE AWARENESS DAY 2024

The World Duchenne Awareness Day 2024 theme is '**Raise your voice for Duchenne**'. World Duchenne Awareness Day (WDAD) is an annual event held on September 7. With this year's theme, WDAD supports creating a society that provides equal opportunities for all. This year we organize the 11th edition.

RAISE YOUR VOICE FOR DUCHENNE

This year's theme emphasizes the importance of amplifying voices to advocate for the rights, inclusion and well-being of people living with Duchenne muscular dystrophy (DMD) and other dystrophinopathies.

On September 7 we invite everyone, irrespective of their personal connection to Duchenne, to join in creating a more inclusive world where people living with disabilities are empowered to thrive.

WDAD DOCUMENTARY

On September 7, the World Duchenne Organization will launch a WDAD documentary that portrays the lives of people living with Duchenne Muscular Dystrophy across the globe and to share their journeys, challenges, and successes. The documentary captures the resilience and determination of the Duchenne community in building positive change everyday.

WHAT YOU CAN DO

We urge everyone to share the theme with the wider community. By working together, we can create a more inclusive and supportive society for people living with dystrophinopathies.

For more information about Duchenne Muscular Dystrophy and the World Duchenne Organization, please visit worldduchenne.org and worldduchennday.org

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About Duchenne and Becker muscular dystrophy

Duchenne Muscular Dystrophy is a rare disorder that causes muscles to become weaker over time until it affects the whole body. Approximately one in every 5.000 boys is born with the disease. It is caused by a mutation on the X-chromosome, that is why mainly males are affected. First walking becomes difficult, then other motor functions follow and ultimately it affects the ability to breathe as well as the function of the heart, as the heart is a muscle too. The missing protein also has a function in the brain, so learning- and behavior issues can also be part of the disease. Becker Muscular Dystrophy (BMD) is considered to be a less severe form of DMD.

About World Duchenne Awareness Day

World Duchenne Awareness Day (WDAD) is an annual event held on September 7. WDAD is a global event aimed at raising awareness about Duchenne and Becker muscular dystrophy. The day promotes education, advocacy, and social inclusion initiatives to improve the quality of life for people living with dystrophinopathies. Secondly, it is providing a platform to share personal stories and experiences of those living with the disease.

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