

# BECKER

## MUSCULAR DYSTROPHY (BMD)

### FAMILY FACTSHEET

## ABOUT BECKER MUSCULAR DYSTROPHY

### 1 WHAT IS BECKER MUSCULAR DYSTROPHY?

- Becker Muscular Dystrophy (BMD) is a condition caused by changes in the dystrophin gene.
- BMD is caused by a mutation in the dystrophin gene located on the X chromosome.
- BMD occurs in approximately 1 in 30,000 male births.
- In Becker, the gene changes make a partially functioning dystrophin protein instead of no dystrophin at all in the case of Duchenne MD.
- The BMD gene mutation can be passed from the mother, or can happen spontaneously.
- A woman with a genetic change in one of her two copies is said to be 'a carrier'.
- BMD is usually not as severe as Duchenne muscular dystrophy (DMD) however the disease progression can vary per person.

### 2 WHAT ARE EARLY SIGNS OF BECKER MD?

- Symptoms of Becker muscular dystrophy usually begin in the teens or late twenties.
- Initial symptoms may include cramping and reduced stamina during exercise.
- Muscle deterioration in the hips, pelvis, thighs and shoulders lead to walking on toes with the stomach forward.
- People with BMD can often keep walking into adulthood.
- Cardiomyopathy (weakening of the heart muscle), is a common feature.



*Ido Kaplan, living with Becker muscular dystrophy.  
Picture by Little Steps Israel*

### 3 HOW DO YOU CARE FOR A PERSON WITH BECKER MD?

- To take care of people living with BMD, it's important to have a team of different specialists who can work together. They will help manage the symptoms and problems that come with the condition.
- Regular cardiac monitoring and management are essential to monitor heart function and address any complications.

### 4 IS THERE A CURE OR TREATMENT FOR BECKER MD?

- While there is no cure for Becker muscular dystrophy, there are interventions and treatments available to manage the symptoms and slow the progression of the disease.
- These may include physical therapy, orthopedic interventions, medications, respiratory support, and cardiac care.
- Research efforts in BMD are focused on developing therapies that slow down muscle pathology and those that improve muscle regeneration.



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