



### What are muscle wasting conditions?

We use muscles to move. Walk, eat, smile, cry. Pump blood around our bodies. To breathe.

- Muscle wasting conditions are a group of **rare conditions**, that gradually **cause muscles to weaken and waste**. Sometimes they're referred to as neuromuscular conditions.
- It's estimated that **over 110,000 adults and children in the UK live with a muscle wasting and weakening condition**, and there are **over 60 different types**.
- They are **progressive conditions**, which means they worsen over time, and the symptoms and the age at which they occur vary. **Currently there is no cure**.
- Common symptoms include muscle weakness and changes in mobility, but some types can affect the heart, or the muscles used for breathing.
- They affect a similar number of people as Parkinson's and MS, but can be **hard to diagnose**, and non-neuromuscular specialist healthcare professionals often have limited knowledge and understanding of them.

### What is the role of Muscular Dystrophy UK? Why is fundraising important?

- **Muscular Dystrophy UK funds groundbreaking research** to understand the conditions and lead to new treatments.
- We also **support people to live well now**; offer a **helpline and support groups**; **work with the NHS towards universal access to specialist healthcare**; and **campaign for people's rights**, better understanding, and access to treatments.
- Currently, there's no cure. However, **advances are being made to find effective treatments**. Thanks to our supporters, we've invested over £55m into research and made advances that were unthinkable ten years ago. Several treatments to slow progression of muscle weakness are now available on the NHS with more under review.
- **Donations and fundraising mean we can support individuals and families, and fund research to help change the future of muscle wasting conditions.**

**Our vision is a world without limits for people living with muscle wasting conditions.**

For more information, visit **[musculardystrophyuk.org](https://musculardystrophyuk.org)**

### **Game On messaging**

Game On and help change the future of muscle wasting conditions. Together we can make a difference.

Get your Game On and help fund groundbreaking research and life-changing support.