

# Duchenne Muscular Dystrophy (DMD)

A severe, progressive neuromuscular disorder caused by mutations in the **dystrophin gene** – the largest known human gene, located on the X chromosome. Because of X-linked recessive inheritance, DMD almost exclusively affects young boys, with first signs appearing between ages 2 and 5.

## By the Numbers

**1/4K**

Global incidence per male birth

**2-5**

Age symptoms typically appear

**30s**

Life expectancy with modern care

## Clinical Journey

### Ages 2–5

Muscle weakness begins in legs and pelvis; waddling gait, trouble running or jumping.

### Ages 10–13

Loss of independent walking; wheelchair support typically needed.

### Late teens+

Cardiac and respiratory care become central to survival and quality of life.

**Management today:** There is no cure yet. Corticosteroids slow muscle degeneration, while cardiac monitoring and assisted ventilation extend life. Emerging **exon-skipping** and **gene therapy** treatments offer new hope, though access remains limited.