

# 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:

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➤ Visit [muscleweakness.ca](http://muscleweakness.ca) for more information and to find out who else you can talk to about your signs and symptoms