TOGETHER IN SMA™
with Biogen

# Are you feeling weaker and different than normal?

- Do you find yourself tripping on your toes
- Do you find that you're constantly falling
- Has your muscle strength declined
- Are you no longer able to do some of the things you once used to

## IF YOU ANSWERED YES TO ANY OF THE ABOVE, YOU MIGHT HAVE SMA (SPINAL MUSCULAR ATROPHY).

**SMA (spinal muscular atrophy) is a rare, progressive neuromuscular disease that is characterized by the degeneration of motor neurons in the spinal cord and brainstem, leading to skeletal muscle atrophy and general weakness.[1]**

## Are you experiencing some or any of the following symptoms?

Use this checklist to present to your doctor.

- ☐ Difficulty or inability to walk
- ☐ Chewing and swallowing issues
- ☐ Scoliosis or back issues
- ☐ Muscle tremors or twitching
- ☐ Respiratory or breathing issues
- ☐ Loss of movement in the joints
- ☐ Difficulty lifting arms or carrying objects
- ☐ Fatigue
- ☐ Hip dislocation
- ☐ Difficulty getting up or climbing stairs
- ☐ Unable to run

**If you're experiencing any of these symptoms, ask your doctor today for a referral to a neurologist specialist to get tested. It's possible that you might have been misdiagnosed in the past because SMA symptoms are similar to other neuromuscular disorders. Make sure you ask to receive a genetic test to confirm whether it is SMA or something else.**

Getting tested as soon as possible is SO important because people with untreated SMA will continue to see disease progression throughout their lives and will experience irreversible damage and disability.[2-4]

## It's time to take back your independence. Talk to your doctor today and get tested for SMA.

### REFERENCES


**1.** Prior TW, Russman BS. Spinal muscular atrophy. NCBI Bookshelf website. http://www.ncbi.nlm.nih.gov/books/NBK1352/?report=printable. Updated November 14, 2013. Accessed July 25, 2017. **2.** Deymeer F, Serdaroglu P, Parman Y, Poda M. Natural history of SMA IIIb: muscle strength decreases in a predictable sequence and magnitude. Neurology. 2008;71:644-649. **3.** Werlauff U, Vissing J, Steffensen BF. Change in muscle strength over time in spinal muscular atrophy types II and III. A long-term follow-up study. Neuromuscul Disord. 2012;22(12):1069-1074. **4.** Querin G, Lenglet T, Debs R. The motor unit number index (MUNIX) profile of patients with adult spinal muscular atrophy. Clin Neurophysiol. 2018;129:2333-2340. **5.** Darras BT, Royden Jones H Jr, Ryan MM, De Vivo DC, eds. Neuromuscular Disorders of Infancy, Childhood, and Adolescence: A Clinician's Approach. 2nd ed. London, UK: Elsevier; 2015. **6.** Wang CH, Finkel RS, Bertini ES, et al. Consensus statement for standard of care in spinal muscular atrophy. J Child Neurol. 2007;22(8):1027-1049.