

Fold Line 1

My medications

Fold Line 2

MDA Muscular Dystrophy Association

To learn more about DMD, visit mda.org/disease/duchenne-muscular-dystrophy or contact the MDA Resource Center at 833-ASK-MDA1 (275-6321).

Statement of liability: While every reasonable effort is made to ensure this document is useful to clinicians and service users, MDA is not liable for any damages incurred as a result of its use.

66-0049 January 2021

Notes from my physician

Fold Line 3

Precautions

Respiratory: Individuals with DMD may have impaired ventilation and chronic respiratory insufficiency without showing overt signs. Airway clearance regimens (e.g., cough assist devices) are important tools at baseline and at times of respiratory illness. This individual (is / is not) on BiPAP at night. If a medical need for oxygen supplementation arises, extreme caution is recommended; careful CO₂ monitoring and consideration of need for concurrent noninvasive ventilatory support is recommended.

Cardiac: Individuals with DMD are at risk for dilated cardiomyopathy but may not display classic signs of heart failure. Arrhythmia should also be considered. My cardiac medications include: _____

My cardiologist can be reached at: _____

Emergency Room Alert Card

Duchenne muscular dystrophy (DMD)

Name _____

Date of birth _____

Insurance _____

Policy number _____

Neurologist/MDA Care Center _____

Primary care physician _____

Fractures: Cases of fat embolism after fractures have been reported in individuals with DMD. A fat embolism should be considered after injury if respiratory difficulty, changes in mental status, or other signs develop.

Anesthesia safety: Individuals with DMD require neuromuscular anesthetic agents that include but are not limited to succinylcholine and inhaled gases.

Steroid safety: This individual (is / is not) on chronic steroids. If this individual is on steroids, there is a risk for adrenal insufficiency/adrenal crisis. Stress dose steroids may be required at times of illness or physiologic stress. This individual (has / has not) been instructed to seek attention for intravenous steroid replacement if unable to tolerate usual oral steroids. Refer to the PJ Nicholoff Steroid Protocol for guiding withdrawal from corticosteroids following long-term treatment.

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Instructions

Create wallet size document:

- Print this file on 8.5 x 11 paper in landscape orientation.
- Cut along dotted line.
- Fold along gray lines in the sequence shown.

Fill out information.

Keep in your wallet, purse, or wherever you carry your health insurance card.

① Fold in half lengthwise with image on outside



② Facing other side, fold right side inward



③ Fold left side inward, over right side

