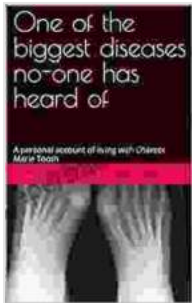


# Living with Charcot-Marie-Tooth: A Personal Account



## One of the biggest diseases no-one has heard of: A personal account of living with Charcot Marie Tooth

★★★★☆ 4 out of 5

Language	: English
File size	: 1233 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 66 pages
Lending	: Enabled
Screen Reader	: Supported



Charcot-Marie-Tooth (CMT) is a rare genetic disorder that affects the nerves and muscles. It is characterized by progressive weakness and atrophy of the muscles in the hands, feet, and legs. CMT can also cause sensory problems, such as numbness and tingling.

I was diagnosed with CMT when I was 12 years old. At first, I didn't have any symptoms. But as I got older, I started to notice that I was losing strength in my hands and feet. I also started to experience numbness and tingling in my fingers and toes.

CMT has had a significant impact on my life. I have had to make many adjustments, both big and small. I have had to learn to use adaptive

equipment, such as a wheelchair and a walker. I have also had to give up some of my favorite activities, such as running and playing sports.

But despite the challenges, I have also found ways to live a full and happy life. I have found joy in new activities, such as painting and writing. I have also found support from my family, friends, and the CMT community.

I am sharing my story in the hope that it will help others who are living with CMT. I want to let them know that they are not alone and that there is hope.

## **The Challenges of Living with CMT**

Living with CMT can be challenging. The progressive weakness and atrophy of the muscles can make it difficult to perform everyday tasks, such as walking, climbing stairs, and buttoning clothes. CMT can also cause pain, fatigue, and difficulty with balance.

In addition to the physical challenges, CMT can also have a significant impact on emotional and mental health. People with CMT may experience feelings of isolation, depression, and anxiety. They may also have difficulty finding work and maintaining relationships.

## **The Triumphs of Living with CMT**

Despite the challenges, there are also many triumphs that come with living with CMT. People with CMT are often incredibly resilient and resourceful. They learn to adapt to their condition and find ways to live full and happy lives.

One of the greatest triumphs of living with CMT is finding a sense of community. People with CMT often find support from each other through

online forums, support groups, and other organizations. This sense of community can help people with CMT feel less isolated and more connected to others who understand what they are going through.

Another triumph of living with CMT is finding ways to adapt to the condition. People with CMT may need to use adaptive equipment, such as wheelchairs, walkers, and braces. They may also need to make changes to their homes and workplaces to make them more accessible. But with a little creativity and determination, people with CMT can find ways to live full and independent lives.

Living with CMT can be challenging, but it is also possible to live a full and happy life. With the right support, people with CMT can overcome the challenges of the condition and find ways to thrive.

I hope that my story has inspired you and given you hope. If you are living with CMT, know that you are not alone. There is a community of people who understand what you are going through. And there is hope for a full and happy life.



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