Types of DM

Two well-defined, but overlapping types of myotonic dystrophy have been identified:

- DM1. The first type (also known as Steinert's disease) is the most prevalent form of the condition and generally the most severe. This form affects at least 1 in 8,000 people worldwide or 40,000 people in the United States alone, although prevalence may be significantly under-reported. DM1 has three subtypes that vary based on age at onset:

  Congenital. Presents potentially life-threatening issues at birth

  Childhood onset. Typically first presents with intellectual disability, and learning disabilities

  Adult onset. Characterized by distal muscle weakness, atrophy, myotonia and many other multisystemic issues.

- DM2. Myotonic dystrophy type 2, also known as proximal myotonic myopathy (PROMM), is a milder form of myotonic dystrophy in which transient muscle pain is the most common complaint. Only adult-onset forms of DM2 have been recognized. To date, there have been few large scale or definitive studies to determine the prevalence of DM2.

Other possible types, caused by different genetic mutations, are currently being investigated.