TYPES OF MYOTONIC DYSTROPHY

- **DM1.** This is the most common form of the disease and the one with the most severe effects. At least 1 in 8,000 people worldwide have DM1, although the number may be far greater. There are three categories of DM1, categorized by when symptoms of the disease first appear:

  Congenital: Presents life-threatening issues at birth
  Childhood onset: First signs are usually intellectual disability, and learning disabilities
  Adult onset: Characterized by distal muscle weakness, wasting, and stiffness.

- **DM2.** The second type, DM2, was discovered in 2001. It is still unclear how many people have this type of the disease, which is also known as proximal myotonic myopathy (PROMM). DM2 is a milder form of myotonic dystrophy that comes on in adulthood. The most common symptom is muscle pain that comes and goes. Other possible types of DM, caused by different genetic mutations, are currently being investigated.

Form of Myotonic Dystrophy	Gene affected		Repeat Count	
		Healthy	Pre-mutation	Affected
DM1	Dmpk (dystrophia-myotonica protein kinase) gene on chromosome 19	<37 repeats	38 – 49 repeats	50 – >4000 repeats
DM2	*Znf9* (zinc finger protein 9) gene on chromosome 3.	10 – 26 repeats	27 – 74 repeats	75 – >11,000 repeats