



[www.cmt.org.uk](http://www.cmt.org.uk)

Visit the CMT United Kingdom website and find even more information about CMT.

*About CMT* - More in-depth articles about orthotics, day to day living issues, benefits and the genetic implications.

*About us* – find out the faces behind the organisation, and discover more about the history of the organisation and download resources for your professionals.

*Get involved* - with our online campaigns, fundraising opportunities, awareness raising and our online shop.

*Helping you* – a huge resource of all the ways we can help you and your family - much of it restricted to members of CMT United Kingdom only, information about News and Events, including our Young People's Event and our Annual Conference, our full colour magazine ComMenT and an active Forum where members can support each other.

And most importantly, online joining and online donating are now available on our totally secure website.

**Dorset Orthopaedic**  
 Take the next step



At Dorset Orthopaedic's state of the art orthotic clinic we can offer patients a wide range of bespoke made to measure orthotics. The SAFO® Orthosis is manufactured exclusively by Dorset Orthopaedic and was invented to treat clients with drop foot. To find out more please contact Christine on **01425 481742** or [christinee@dorset-ortho.com](mailto:christinee@dorset-ortho.com).



[www.dorset-ortho.com](http://www.dorset-ortho.com)

**CMT United Kingdom**  
 98 Broadway, Southbourne,  
 Bournemouth, BH6 4EH

Helpline: 0800 6526316  
 Office: 01202 432048  
 Opening Hours  
 9.30am to 3pm, Mon & Fri  
 variable at other times





# What is CMT?

# Why join CMT United Kingdom?

## Charcot-Marie-Tooth disease (CMT)

is a condition that damages the peripheral nerves. These nerves run from the spinal cord to the extremities and are responsible for passing on commands from the brain to the muscles in the arms and legs, and for passing information back to the brain about sensations, such as pain, heat, cold and touch. Because of the nerve damage, people with CMT may find that their muscles become slowly weaker over the years, particularly in their hands and feet, and the sense of feeling can become duller or numb in the same areas. In the UK, some 25,000 people are thought to have CMT (approx 1:2500) making it the most common inherited neurological condition.

Other key points about CMT are that it:

- Is NOT life threatening
- Is progressive, but very slowly so, often changing very little over the years
- Is not curable, but treatments are available to assist with the effects of weakening muscles.
- Affects people very differently, even in the same family
- Can cause the muscles in the foot, lower leg, hand and forearm to waste, which can cause problems walking, difficulties with hand function, balance problems, and loss of some normal reflexes.
- Can cause pain and fatigue, but these can be managed successfully with care.
- Affects all ethnic groups throughout the world
- Is the focus of major research, in both genetic causes and possible treatments.

Although this condition can be disabling, life with CMT can still be full, enjoyable and worth living.

The name derives from the names of the three doctors who first described CMT in 1886 – Jean-Martin Charcot, Pierre Marie and Howard Tooth, and is sometimes known as Hereditary Motor and Sensory Neuropathy or rarely Peroneal Muscular Atrophy.

## Exclusive

lots of information and resources are only available to registered members - including access to a members' area on our website – which contains information only available to members, including free access to our book, Charcot-Marie-Tooth: A Practical Guide and numerous guides to claiming benefits and other useful information. Plus an active forum for talking to others with CMT – a problem shared is a problem halved.

## Receive

Our full colour magazine ComMenT published three times per year – packed full of information on CMT, the personal experiences of those with it, and hints and tips of living a good life despite CMT.

## Join

a local group, if there is one in your area, for social events and talks with others who know what it's all about!

## Subsidised

rate to the annual conference, which incorporates our AGM, held in the Midlands. Usually featuring speakers from the medical profession.

## Membership card

which doubles as a medical alert card - additional cards available for family members.

Phone the CMT helpline 0800 652 6316 for *advice or help* or the office 01202 432048 Opening Hours - 9am to 3pm, Mon & Fri; variable at other times

