



## Have you heard of CMT?

*How would you feel if you were told you had an incurable condition, that you were going to lose the strength and feeling in your hands and feet and that you might end up with severe mobility problems?*

Charcot-Marie-Tooth disease (CMT) is a hereditary (genetic) condition that damages the peripheral nerves. These nerves 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 sensation - pain, heat, cold and touch.

### Other key points are:

- ✎ causes the muscles in the legs and arms to waste, which can cause problems with walking, standing and balance and difficulties with hand function and strength
- ✎ feet can become deformed, with high arches, curled toes and very weakened ankles
- ✎ can cause numbness and poor sensation in the lower legs and arms
- ✎ can cause chronic pain and fatigue
- ✎ is slowly progressive, worsening over time
- ✎ severity differs, even within the same family
- ✎ is not curable but can be managed with assistance
- ✎ affects all ages, genders and ethnic



For all you need to know about Charcot-Marie-Tooth disease, and how you can help us find a cure for CMT and better support people affected by this condition, go to

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

**Charcot-Marie-Tooth UK**  
3 Groveley Road  
Christchurch, BH23 3HB  
Helpline: 0800 652 6316  
Phone: 01202 474203

E-mail: [enquiries@cmt.org.uk](mailto:enquiries@cmt.org.uk)

Charity Number: 111237



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