

shine a light on

CMT

CMT Fact Sheet

What is CMT?

Many people have not heard of CMT (Charcot-Marie-Tooth disease), even though it is the most common inherited neurological condition.

In the UK, around 25,000 people (approx: 1 in 2,500) are thought to have CMT.

CMT is a condition that damages the peripheral nerves. 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.

CMT is not life threatening, although it is not curable. Treatments are available to assist with the effects of weakening muscles.

There are over 100 types of CMT, and it affects people very differently, even in the same family.

The name CMT comes from the names of the 3 doctors who first described CMT in 1886: Jean-Martin Charcot, Pierre Marie and Howard Tooth.

CMT is sometimes known as Hereditary Motor and Sensory Neuropathy, or Peroneal Muscular Atrophy.

shine a light on

CMT

CMT Fact Sheet

What are the symptoms?

Although CMT affects people very differently, here are some of the symptoms:

Foot drop (difficulty lifting the foot at the ankle)

Can cause the muscles in the feet legs, hands and arms to weaken, which causes major difficulty with walking, balance and hand function

Can cause deformities of the feet and hands

It can eventually cause stiffened joints that result in deformities of the feet and hands



Pes cavus (high arched feet)

Rarer symptoms include breathing problems, including sleep apnoea, scoliosis, hip dysplasia and vocal cord paralysis

Can cause long-term pain and tiredness (fatigue)

CMT is the focus of major research, in both genetic causes and possible treatments



CMTUK is a registered charity
(Registered charity number 1112370)
CMTUK is the UK's charity dedicated to
supporting people living with Charcot-Marie-
Tooth disease

Please scan
the QR code
to find out
more, or to
contact us:

