

# PATIENT INFORMATION SHEET

## SYMPTOM OVERVIEW

### UNDERSTANDING LOSS OF MUSCLE MASS OR MOVEMENT DIFFICULTY



- Noticeable decrease in muscle size or strength in a specific area, possibly accompanied by difficulty initiating or controlling movement of that part of the body.
- These symptoms may develop gradually or appear after a period of disuse or immobility.

### WHAT IT MIGHT INDICATE

- Common conditions: This could be due to normal aging, sedentary lifestyle, or a result of muscle disuse following injury or immobilization.
- It might also indicate neuromuscular disorders such as amyotrophic lateral sclerosis (ALS), myasthenia gravis, or other forms of motor neuron disease.
- Other potential causes include localized nerve damage due to injury, stroke, or conditions affecting the brain or spinal cord.
- Please note: This document is not intended for self-diagnosis. Persistent or worsening symptoms should be evaluated by a healthcare professional.

### IMMEDIATE ACTIONS

- Engage in regular physical activity or gentle exercises, as permitted, to help maintain muscle strength and mobility.
- Ensure a nutritious diet with adequate protein to support muscle health.
- If symptoms are accompanied by severe pain, sudden weakness, or loss of bladder or bowel control, seek immediate medical attention.

## WHEN TO CONTACT US



- If you're experiencing a noticeable loss of muscle mass or difficulty moving a part of your body that affects your daily activities, consider contacting us to arrange an online consultation with our specialists.
- If you're seeking further guidance, alternative treatment options, or a second opinion, our service can provide expert advice and specialist referrals.

### WHAT TO EXPECT DURING OUR ONLINE CONSULTATION

- Our specialist will inquire about your symptoms, medical history, and any medications you're taking.
- You may be asked to perform specific movements or tasks to assess muscle strength and coordination.
- Further diagnostic tests (like electromyography, MRI, or blood tests) or referrals to neurologists or physical therapists may be recommended based on your symptoms and history.

### PREPARATION FOR YOUR APPOINTMENT

- Be ready to discuss in detail the changes you've been experiencing, their onset, and their impact on your daily life.
- Compile a list of all medications and supplements you're taking, including dosages.
- Ensure you're in a quiet, well-lit room with a stable internet connection for the video call.
- Have any questions about your symptoms, potential causes, or treatment options written down and ready to ask.

## DISCLAIMER

This information sheet is for educational purposes only and is not a substitute for professional medical advice, diagnosis, or treatment. Always consult your healthcare provider with any questions or concerns you may have regarding your condition.

### CONTACT US

-  [www.healwise.net](http://www.healwise.net)
-  [info@healwise.net](mailto:info@healwise.net)
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