

PATIENT INFORMATION SHEET

SYMPTOM OVERVIEW

UNDERSTANDING MUSCLE WASTING



- Noticeable loss of muscle mass (atrophy), particularly in one specific area or limb, which may be accompanied by weakness.
- This muscle wasting can occur over time or be observed after a period of immobility.

WHAT IT MIGHT INDICATE

- Common conditions: This could be due to normal aging or a result of decreased activity or immobilization.
- It might also indicate neuromuscular disorders such as amyotrophic lateral sclerosis (ALS) or other forms of motor neuron disease, peripheral neuropathy, or muscular dystrophies.
- Other potential causes include localized nerve damage due to injury, or systemic conditions such as cancer or malnutrition.
- Please note: This document is not intended for self-diagnosis. Persistent or worsening muscle wasting should be evaluated by a healthcare professional.

IMMEDIATE ACTIONS

- Engage in gentle strength training exercises, if possible, to help maintain muscle mass.
- Ensure a nutritious diet with adequate protein intake to support muscle health.
- If muscle wasting is rapid, severe, or accompanied by significant weakness or other systemic symptoms, seek immediate medical attention.

WHEN TO CONTACT US



- If you're experiencing noticeable muscle wasting that affects your strength, mobility, or 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 show the affected area and perform simple movements or strength tests.
- Further diagnostic tests (like electromyography, imaging, 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 muscle changes you've been experiencing 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

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-  [Book a Free Consultation](#)

