**Myopathy**

**Introduction**

Myopathy indicates diseases that affect the skeletal muscles. Patients with myopathy may experience weakness of limbs and have difficulties performing daily living activities such as walking stairs, bathing, eating and standing up.

Myopathy can be congenital or acquired. Common causes of congenital myopathies including, mitochondrial myopathies that caused by defects in mitochondria, metabolic myopathies that resulted from malfunction of enzymes that are essential for normal muscle functions. Most congenital myopathies are inherited, which means they are associated with genetic mutations

Acquired myopathies including autoimmune myopathy, toxic myopathy, endocrine myopathy, infectious myopathy, critical illness myopathy. These types of myopathy usually occur later in life.

**Diagnosis**

The diagnosis of myopathy including blood tests (creatine kinase, electrolytes, autoimmune markers, endocrine testing), electromyography, image studies such as muscle MRI, genetic tests and muscle biopsy.

**Treatment**

Treatment of myopathy depends on its etiology. Accurate diagnosis is therefore important. Immune related myopathies can be treated with steroid, immunosupprasants, IVIG. Most genetic myopathies does not have a cure. Some genetic diseases such as Pompe disease can be treated with enzyme replacement therapy.

2023-3-10