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MYOPATHY: CAUSES, CLINICAL COURSE AND TREATMENT METHODS

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Abstract: This article provides general information about myopathy — a group of diseases characterized by primary damage to muscle tissue. The etiology, pathogenesis, clinical features, classification, and diagnostic methods of myopathies are discussed. In particular, the differences between hereditary and acquired myopathies and their main forms (e.g., Duchenne dystrophy, mitochondrial myopathies) are analyzed in detail. Modern treatment approaches such as symptomatic therapy, rehabilitation, and gene therapy options are also considered. This article is of theoretical and practical significance for medical professionals and students in terms of early diagnosis and effective treatment.

Keywords: myopathy, muscular dystrophy, clinical symptoms, genetic disease, treatment.

Introduction.

Myopathy is a group of diseases characterized by primary damage to muscle tissue, manifested by reduced motor function, muscle weakness, and atrophy. The origin of the

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disease can be either genetic or acquired. Early detection and proper treatment of myopathies play a crucial role in improving patients' quality of life. This article discusses the main types, causes, clinical features, and treatment methods of myopathy.

Main Body.

Myopathy is a group of diseases characterized by primary damage to muscle tissue. They are mainly divided into two types: hereditary and acquired myopathies. Hereditary forms include Duchenne muscular dystrophy, Becker dystrophy, and mitochondrial myopathies. These diseases usually begin in childhood and progress chronically. Acquired myopathies may occur due to inflammation, toxins, medications, or endocrine disorders. The main clinical symptom of myopathies is muscle weakness and rapid fatigue. Weakness is initially felt in the muscles of the legs and arms, and in some cases, difficulties in swallowing and breathing may arise. Diagnostic methods such as electromyography (EMG), measurement of muscle enzyme levels (e.g., creatine kinase), genetic testing, and muscle biopsy play an important role. Treatment depends on the type of the disease. In hereditary myopathies, a symptomatic approach is used (vitamins, corticosteroids, physiotherapy). In acquired types, therapy aimed at eliminating the underlying cause is crucial. In recent years, studies on treatment through gene therapy, cell therapy, and modern biological drugs are ongoing. Early detection of myopathy, choosing an individual approach for the patient, and providing rehabilitative support are of great importance in mitigating the consequences of the disease.

Conclusion:

Myopathies are serious muscle diseases that can occur due to various causes but share common clinical symptoms. Early detection and accurate diagnosis are essential in maintaining the patient's quality of life and mobility. Thanks to modern diagnostic methods and treatment approaches, many types of myopathies are now under control. In the future, the development of gene and cell therapies may allow for a complete cure of these diseases. Deep knowledge about myopathy is important for medical professionals to provide qualified and effective care to patients.

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