



# World Duchenne Muscular Dystrophy Day

## Why in News?

The Department of Empowerment of [Persons with Disabilities \(DEPwD\)](#), Ministry of Social Justice & Empowerment, Government of India, observes **World Duchenne Muscular Dystrophy Day** every year on **7th September**.

## Key Points

- **About:** The [UN General Assembly](#) designated **7 September** as **World Duchenne Awareness Day** starting in **2024**.
  - The day focuses on fostering **global solidarity, awareness, and empathy** towards affected individuals and families.
- **Theme 2025:** This year's theme, **"Family: The Heart of Care,"** highlights the vital role of families in providing love, support, and resilience for those with DMD, while fostering inclusion, awareness, and community support.

## Duchenne Muscular Dystrophy (DMD)

- **DMD** is a **rare, progressive genetic disorder** caused by mutations on the **X chromosome** leading to the absence of dystrophin, a muscle-protecting protein.
- It is named after **Dr. Duchenne de Boulogne**, who detailed the condition in the 1860s.
- This primarily **affects males**, as they have a single X chromosome.
- Symptoms begin with difficulty in walking, followed by progressive **weakening of motor functions**.
- Over time, the disorder affects the ability to **breathe** and impacts the **heart** (a muscle itself).
- Dystrophin also plays a role in the brain, which can lead to **learning and behavioral challenges**.
- The average age of diagnosis globally is **above 4 years**, with a **diagnostic delay of ~2.5 years** despite parents noticing symptoms earlier. Some symptoms may appear in very young children.