A rare genetic disorder of muscle metabolism

McArdle Disease (GSD5)

Patients may appear healthy but activity results in premature fatigue, exaggerated heart rate, pain and muscle spasm.

Cases of muscle breakdown (rhabdomyolysis) can lead to compartment syndrome or life-threatening acute kidney injury.

IAMGSD

International Association for
Muscle Glycogen Storage Disease

McArdle Disease, also known as Glycogen Storage Disease Type 5 (GSD5), is an inherited condition which results in de ciency of an enzyme (myophosphorylase) in muscle cells.

is is needed to convert glycogen (fuel stored in the muscle) into energy.

e result is a serious energy de cit during the rst 10 minutes of any activity, and throughout all intense activity.

People with McArdle Disease may require assistance with:

- z
- z
- z

anks for your help

www.iamgsd.org