

DM2: Symptom Overview & Management Strategy

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379 affected members of 133 DM2 families

Features common to DM1 and DM2

	DM1	DM2
Myotonia	+	+
Iridescent Cataracts	+	+
Weakness	+	+
Cardiac Arrhythmia	+	+
Testicular Failure	+	+
Hyperinsulinemia	+	+
Hypo IgG	+	+
Muscle Histology	+	+
Abnormal IR Splice	+	+
Fatty liver changes	+	+
CNS/Developmental	+	-



Day, et. al. *Neurology* 60:657; 2003



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DM2 Management

- **Cardiac**
 - Annual ECG – look for changes
 - Holter or Zio patch – every 2-3y even if no symptoms
 - Echocardiography – every 3-5y even if no symptoms
- **Pain**
 - Exercise
 - Mexilitene
 - Neurontin
 - Non-steroidal anti-inflammatory drugs
 - Cymbalta



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DM2 Management

- Motor function – exercise and assistive devices
- Cataracts – educate about their extraction
- Blood test abnormalities
 - Liver, testosterone, insulin sensitivity, gamma globulins



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