



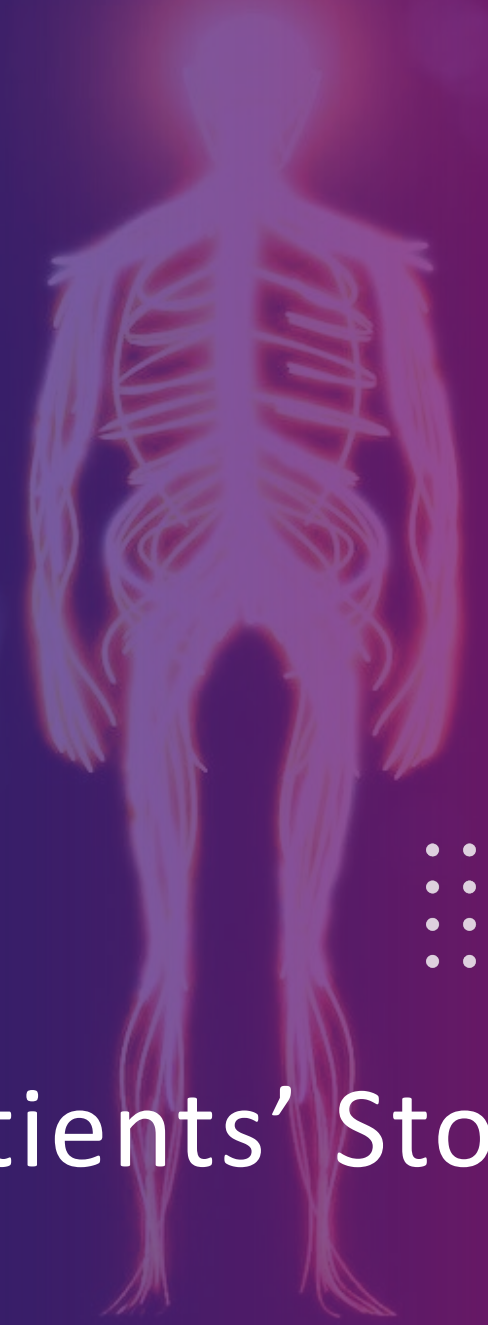
Dr Anthony Brown, Trustee
Simon Bull, CEO



[CMT.ORG.UK](https://www.cmt.org.uk)

Registered charity no:
1112370

CMT: The Patients' Story



Overview

- **Charcot-Marie-Tooth disease (CMT)**
- **Podiatry & CMT**
- **CMTUK: Who are we?**
- **CMT: The Patients' Story**



CMT: What's in a name?



Jean-Martin
CHARCOT



Pierre
MARIE



Howard Henry
TOOTH

1886:

Described five patients

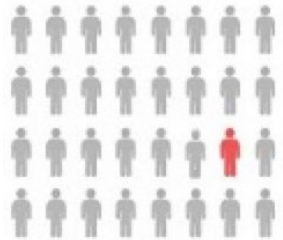
Reported five patients in M.D.
thesis to Cambridge University

*“Progressive muscular atrophy
(of the peroneal type)”*

CMT: What we know now



Group of diseases with a genetic basis



1 in 2500 live with CMT

- It is the most common inherited neuropathy
- Onset often in first 2 decades

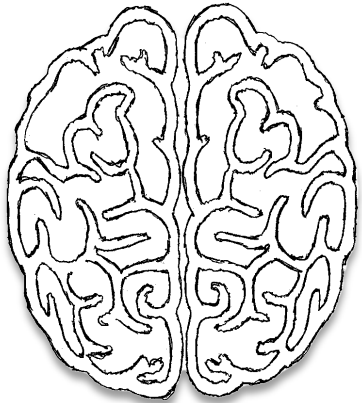


Length-dependent peripheral neuropathy

- Slowly progressive

CMT: Length-dependent peripheral neuropathy

Central Nervous System (CNS)



Peripheral nervous system

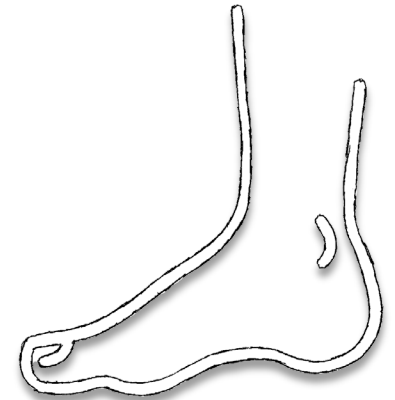
Motor signals



Sensory signals

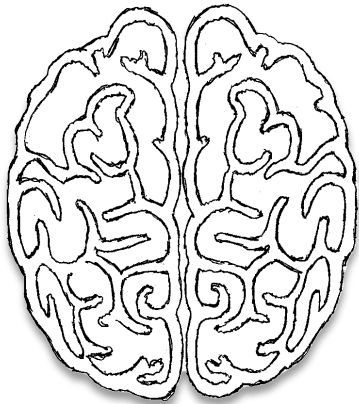


Limbs

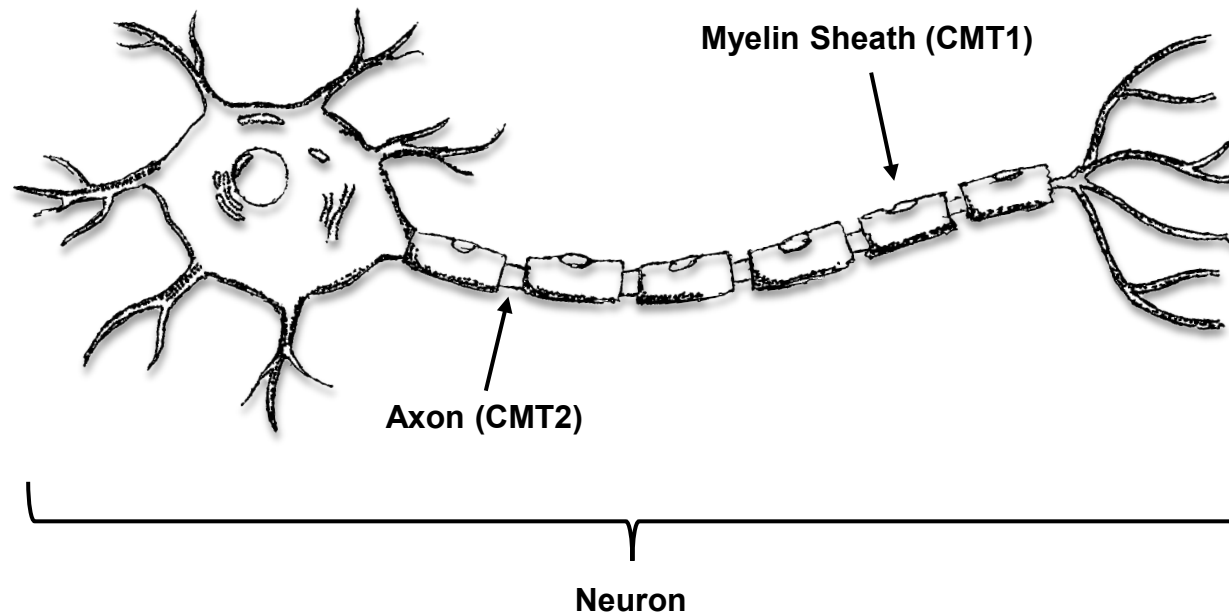


CMT: Length-dependent peripheral neuropathy

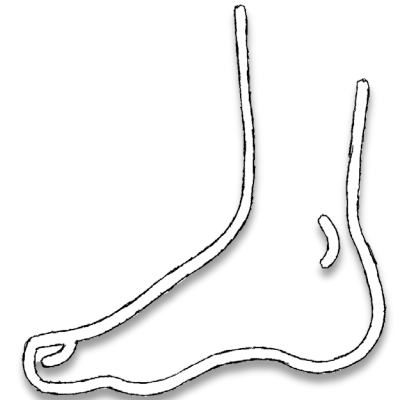
Central Nervous System (CNS)



Peripheral nervous system



Limbs

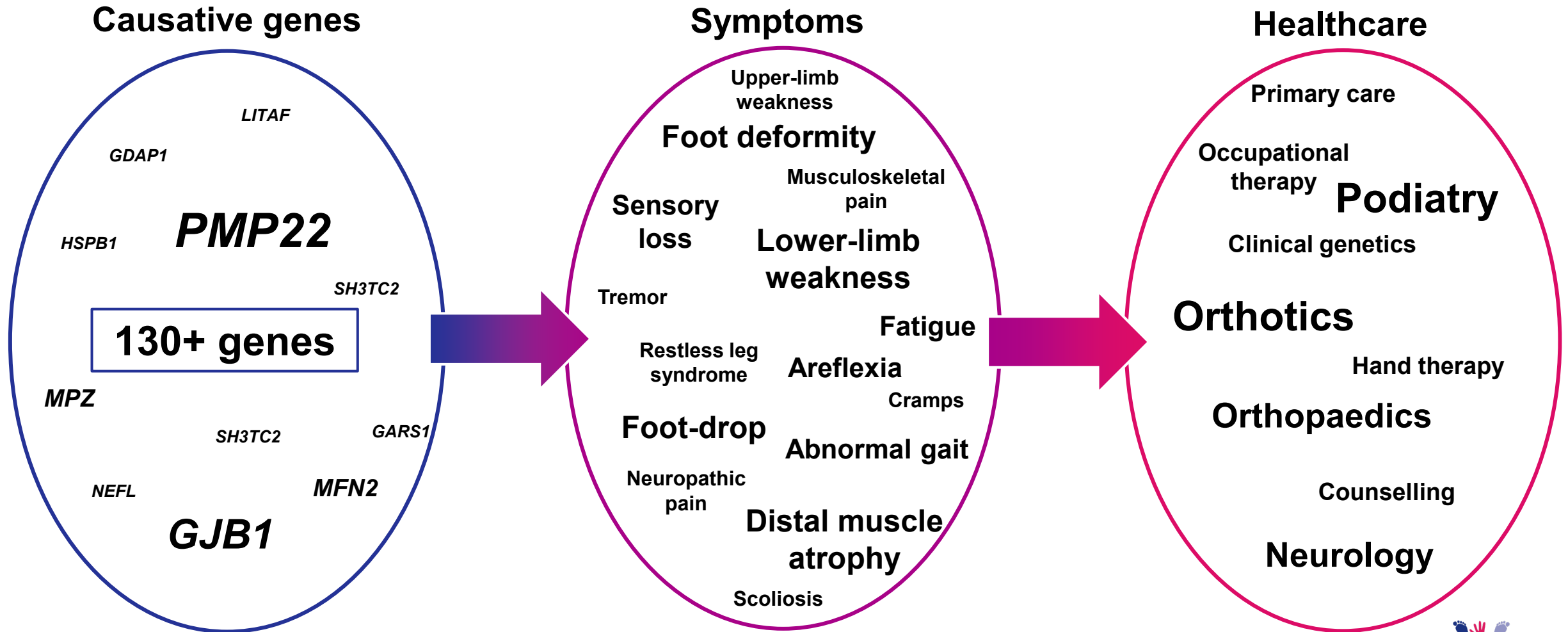


CMT: Length-dependent peripheral neuropathy



- **Affected first: limbs furthest from the CNS**
 - Loss of motor signals → atrophy → weakness
 - Absence of sensor signals → sensory loss
- **Symptoms progress upwards**
- **Hands & arms affected in due course**

CMT: genetically & clinically diverse



CMT: Podiatry needs are high

- **In surveys of our members**
 - 45% use NHS podiatry services
 - 65% use private podiatry services
- **>50% use podiatry every 8 weeks or fewer**
- **74% are unable to manage their own foot care**
- **Foot care, nail care and orthotics needs prevail**



My podiatry needs – hallmark symptoms

**Cavovarus
foot**

Claw toes



**Sensory
loss**

Drop foot

My podiatry needs – treatment

Cavovarus foot

**Plantar lateral & sub-met.
callus debridement**
Padding to offload

Surveillance

Sensory loss

Claw toes

Callus/corn debridement
Toe cushion caps
Custom toe props

Regular review of Ankle
Foot Orthoses
Footwear advice

Drop foot



CMT: Summary

Slowly progressive
hereditary
peripheral
neuropathy

Weakness,
deformity & sensory
loss, at first in the
feet and ankles

Podiatry is key to
managing pain &
symptoms

CMTUK: Who are we?

UK's national charity for people living with Charcot Marie Tooth disease



Our services

- Formed in 1986, registered as a charity in 2005
- Support, advice & community
- Information packs
- Annual conference
- CMT Kids & CMT Big Kids
- And more...



CMT Awareness Month
#morethanyoucansee
cmt.org.uk



Why are we here?

- **Let's connect! Please swing past our stand**
- **For the benefit of our members we'd love to**
 - **Hear your experiences with CMT patients**
 - **Hear your needs for your CMT patients**
 - **Provide you with materials for your patients, clinic & waiting room**

