

WHAT IS CD?

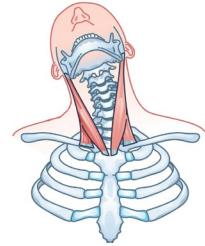
CD is a rare neuromuscular disorder that impacts approximately 60,000 people in the U.S.¹



**WOMEN ARE
2X**

as likely as men to develop CD.¹

CD is a painful condition marked by involuntary neck and shoulder muscle contractions that cause abnormal movements and postures of the neck and head.



People living with CD experience significant challenges in daily activities such as driving, eating, or even just looking around.

HOW IS IT DIAGNOSED?

CD symptoms typically begin gradually and may present as head shaking (like saying “no”). Symptoms may worsen over the first five years and then plateau, but progression does vary between individuals.²

The severity of CD can vary. In some cases, symptoms may be sustained or continuous and can cause significant pain and discomfort.

While the cause of CD is unknown, environmental causes, such as previous head and neck injuries, can increase risk for the condition.¹



30-60 YEARS OLD
is the average age at diagnosis.



10-25%
of CD cases may be related to genetics.

CD is not well known among physicians and no definitive diagnostic tests exist. In fact, studies have found it can take nearly two years and visits to multiple physicians to be diagnosed. Misdiagnoses include conditions ranging from arthritis to psychiatric conditions.³

LIVING WITH CD

Living with CD brings physical, emotional and social challenges.

CD can be managed with a comprehensive treatment approach, including physical therapy, pain management, or treatments that can relax contracting muscles for a period of time.¹



EMOTIONALLY

Living with CD may trigger sadness and frustration at dealing with chronic symptoms and the limitations they cause.



PHYSICALLY

Constant muscle spasms and abnormal head positions can be at best uncomfortable and at worst very painful. These symptoms also make daily life difficult, and many people require help.



SOCIALLY

People with CD may become isolated both personally and professionally due to the nature of the disorder.⁴

For more support information and resources, visit:

[Dystonia Medical Research Foundation](#)

References

- <https://rarediseases.org/rare-diseases/cervical-dystonia/>
- <https://www.mayoclinic.org/diseases-conditions/cervical-dystonia/symptoms-causes/syc-20354123>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4459632/>
- <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9898436/>