Myotubular / Centronuclear Myopathy

Clinical Spectrum and Management

Carina Wallgren-Pettersson
Background

- Large Dutch family with X-linked inheritance described by Van Wijngaarden et al. in 1969
- Affected males showed muscle fibres resembling fetal muscle fibres = myotubes
- Argument about nomenclature: myotubular or centronuclear?
Initiative by Professors Peter S. Harper and Alan E.H. Emery
The ENMC International Consortium on Myotubular Myopathy

- Initiated in 1993, members in nine countries
- Gene identified in 1996
- Correlations studied: mutation – clinical picture
- Basic mechanisms now being elucidated
- Current Co-ordinators: Drs. Enrico Bertini and Jocelyn Laporte
Group of congenital myopathies

• Inborn muscle disorders

• Names based on structural abnormalities in muscle fibres
Definition of myotubular myopathy

- Clinically: generalised muscle weakness and floppiness
- Histologically: presence of small rounded muscle fibres, with centrally located nuclei, resembling fetal myotubes
Myotube-like muscle fibres in MTM
Clinical picture

- Excess amniotic fluid, weak fetal movements
- Floppiness and muscle weakness at birth
- Contractures, limited eye movements
- Breathing problems
- Great variability, even within families
Floppiness can be marked
Patterns of weakness
Muscle weakness may cause other features

- High-arched palate
- Joint deformities
- Flat or deformed chest
- Breathing difficulties
- Scoliosis
Myotubular myopathy is not thought to influence

- Brain
- Heart
- Smooth muscle
- Lungs (at least not to begin with)
- Nerves (at least not to begin with)
Modes of inheritance

• X-linked – affected boys have inherited faulty gene from usually unaffected Mother

• Recessive – faulty gene from both unaffected parents

• Dominant – faulty gene from one affected parent
• In real life, many patients are the only affected person in their family, and it may be difficult to be certain about the mode of inheritance, unless the causative mutation has been identified.

• Genetic counselling should be offered.
Genetic counselling in X-linked MTM

- Most mothers of affected boys are carriers
- Carrier status can be examined by mutation detection
- Mutation-based prenatal diagnosis offered also where carrier status is not verified (mosaicism)
- Variability even within families
Female carriers of the X-linked form

- Recurrent miscarriages, male stillbirths
- Most carriers are symptom-free
- Some have minor weakness
- A minority show overt muscle disease
No-one to blame for carrying faulty gene
Autosomal (non-X-linked) forms
(dominant or recessive)

• Genes being identified

• Clinically usually milder, variability being defined
Dynamin-2-related form

- Dominant inheritance, more than 10 families known
- Onset in adolescence or early adulthood
- Pain on exercise may be first symptom
- Drooping eyelids. Eye movements may be normal
- Distal (peripheral) weakness and contractures
- Special feature of muscle biopsy: radial strands

Amphiphysin 2 (BIN 1)-related form

- Recessive inheritance, 3 families
- Inborn or childhood onset
- Proximal weakness
- Very variable severity

Nicot et al, in press
Care of persons with myotubular/centronuclear myopathy

Multidisciplinary team work
All require physiotherapy

- Maintain muscle strength
- Maintain ranges of movement
- Maintain mobility
- Prevent scoliosis and back pain
- Maintain breathing, assist coughing
- Maintain independence in activities of daily living
Main issue

Breathing
Breathing: preventing problems

- Treatment for swallowing difficulties
- Chest physiotherapy, assisted coughing
- No smoking
- Vigorous treatment of infections
Breathing: Assessment!

• Regular assessment needed
  (vitalography)

• More detailed assessment if lung volume smaller than 60 % of normal
  (polysomnography)
Look out for symptoms of too shallow breathing

- Headache
- Nausea
- Drowsiness
- Difficulty getting going
- Don’t want breakfast
- Drop in energy levels and concentration
- Bad mood
- Frequent night-time awakenings
- Nightmares
- Night sweating
Use of mechanical aids

• To maintain quality of life
• To maintain independence
Mechanical aids

• Some may need mechanical ventilation, usually by mask

• Some may require a wheelchair
Surgery

- To prevent severe scoliosis damaging breathing
- Other surgery only if really necessary
- Anaesthesia carefully administered
- Immediate postoperative mobilisation with the help of a physiotherapist
Occupation

• Free from physical strain
• Free from tobacco smoke and other toxic agents
• Free from high risk of infection
Pregnancy and delivery

- Careful management and planning
- Neurologist, obstetrician and anesthesiologist working together
Thank you!