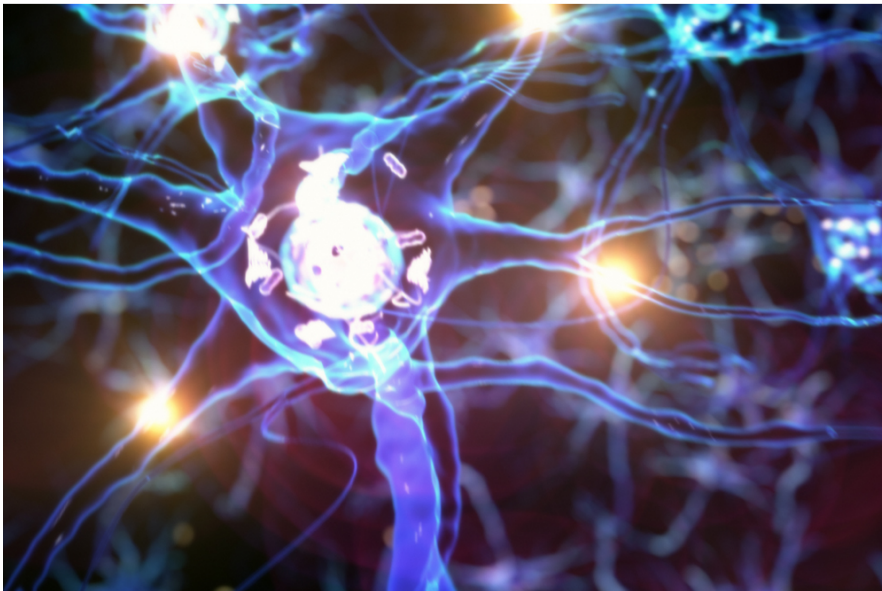




Dystonia



Overview

This movement disorder involves muscle contractions you can't control. You might experience cramping or twisting. You might make slow, repetitive movements. It can affect one or more parts of your body. Dystonia can be painful. And it may make daily tasks hard to do.

Causes

What causes dystonia? Often, we don't know the exact cause. It may be linked to a problem with the way nerve cells in your brain send signals to each other. Some forms of this disorder are inherited. It can also be caused by neurological problems like multiple sclerosis, stroke and some brain diseases. It can result from a traumatic brain injury. It can also be linked to things like infection, carbon monoxide poisoning and medications. Ask your doctor for a full list of causes.

Symptoms

What are the symptoms? They depend on the form of the disorder you have. You can have things like hand, foot or neck spasms. These spasms may be triggered by a specific activity, like writing. You could have eyelid spasms that cause your eyes to blink rapidly or close. Dystonia can affect your mouth and voice, causing things like slurred speech, or a whispery voice. Often, your symptoms are mild at first. But they can worsen over time.

Treatment

How do we treat it? We can give you medications. We can give you injections of botulinum toxin. You may benefit from things like deep brain stimulation and nerve surgery. And, we may recommend lifestyle changes and various therapies. Your doctor will create a plan that's right for you.