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What is a creatine kinase blood test

Given article text here Dr Hesterlee explains various types of muscular dystrophy and diagnostic tests that help identify these conditions. His article "Key Diagnostic Tests for Neuromuscular Diseases" provides more details about these tests, including the CK test. If you're still unsure about how to navigate the diagnostic process, a separate article offers advice on what questions to ask your doctor. MDA ambassadors Amy Shinneman and Dr Jena Krueger share important questions to ask your care team during appointments. These questions can help shorten your diagnostic journey. A diagnosis can be challenging due to various factors such as access barriers within the healthcare system, patient-specific factors like social determinants, and the disease itself. According to neurologist Dr Ericka Greene, "Compared with common diseases, patients with neuromuscular diseases often experience delays in getting a confirmed diagnosis." The article offers advice on how to mitigate these barriers. Many members of the MDA community have shared their personal stories of challenging diagnostic odysseys and can help others seeking a diagnosis. In one such story, Aimee Zehner shares her 38-year journey to receiving a Myasthenia Gravis diagnosis, while Amy Shinneman recounts her road to a Bethlem Myopathy diagnosis at age 44. Receiving a diagnosis can be overwhelming When an elevated CK level leads to a neuromuscular disease diagnosis, it can come as a major shock. While a diagnosis can bring relief and understanding after a long diagnostic journey, it also brings new emotions and questions. If you're struggling to cope with your diagnosis, MDA care center experts offer helpful advice in "Coping With a Difficult Diagnosis: Your Emotions Are Normal." One useful suggestion is to change your perspective – how you deal with your emotions depends partly on how you think about them. For parents of children diagnosed with a neuromuscular disease, the guilt can be overwhelming. In another article, experts share different ways to process your emotions. For example, it's essential not to beat yourself up. "Guilt is a common and powerful emotion for parents," says Cory Smid, MGCS, CGC, a genetic counselor at the MDA Care Center at University of Wisconsin. Many diseases affecting muscles and nerves passed down from parents to their children can make parents feel guilty, but no one chooses which genes they inherit. Sharing information about a neuromuscular disease is another challenge many people face when trying to open up to friends and family about their condition. If you're struggling with this issue, 'Talking About a Diagnosis is a Personal Decision' offers helpful advice from members of the MDA community on how to approach conversations about your diagnosis. Coping with a neuromuscular disease diagnosis can be difficult, but hearing stories from others who have been through similar experiences can make it easier. In 'Finding Freedom in Accepting My Disability,' Becca Ball-Schaller shares her journey learning to live with Bethlem myopathy and focus on the positive aspects of her life. She found that embracing her disability opened up new possibilities for her. Managing a progressive disease like this can be tough, but Billy Zureikat and Chris Anselmo's stories show it's possible to move forward after a diagnosis. They learned how to manage their grief and not let their condition control their lives. Billy also shares the importance of asking for help in 'Five Things You Should Know When Diagnosed With Neuromuscular Disease.' He realized that seeking assistance from others is crucial, whether it's a mobility aid or just someone to lend a helping hand. If you're dealing with a neuromuscular disease, finding expert care is vital. The MDA Care Centers are multidisciplinary clinics at leading hospitals across the country that provide top-notch care for patients. Here, they can see their entire medical team in one day and get all the help they need. It's also essential to learn how to advocate for yourself and communicate your needs with healthcare professionals. Having a neuromuscular disease diagnosis doesn't mean you're alone – there are many people who understand what you're going through. The MDA community is full of resources, support, and friendship waiting to be tapped into. MDA community offers a wide range of opportunities for people living with the same diagnosis to connect both online and offline through various programs and events. One-on-one relationships with mentors who have experienced similar situations can be particularly beneficial in fostering growth and support. The MDA Connections program pairs newly diagnosed individuals and family members with trained mentors who understand their specific needs. These mentors bring a wealth of knowledge and experience, making them ideal guides on one's journey. Through the MDA Care Specialists, connections are made based on shared diagnoses and demographics, ensuring that individuals connect with others who truly understand what they're going through. For those interested in connecting with a mentor, contacting the MDA Resource Center at 1-800-572-1717 or resourcecenter@mdausa.org is a great first step. Additionally, virtual programs like MDA Let's Play and educational initiatives provide further opportunities for online connection. In-person events such as MDA Summer Camp and Family Retreats are designed to create lasting connections and friendships within the community. Given text here Creatine Kinase Explained CK Levels Can Spike Due to Various Factors CK levels can temporarily rise by over 30 times the normal limit within a day after strenuous exercise and then decrease back to normal over the next week. The extent of CK elevation depends on the type and duration of the activity, as well as individual factors. Even light stretching activities can cause increases in CK levels. Athletes typically have higher resting CK levels compared to non-athletes due to increased muscle damage from intense physical training. Interestingly, a record-high CK level was recorded after a single extreme workout. Statin therapy, fibrates, beta-blockers, angiotensin II receptor blockers, glucocorticoids, antipsychotics, antibiotics, antiretrovirals, antimalarials, isotretinoin, colchicine, chemotherapy drugs, and toxins like snake venom or carbon monoxide can increase creatine kinase levels. High creatine kinase levels may be linked to lower inflammation, as shown in a study of over 12,000 people who found that higher CK was associated with lower hs-CRP. Another study of 454 overweight and obese people also found this association. High plasma CK, even in the normal range, may decrease blood clotting ability, especially after exercise when CK levels spike. Elevated creatine kinase can be a sign of serious tissue damage or an underlying disease or disorder. To improve muscle recovery, consuming enough carbs, protein, and antioxidants after strenuous exercise, as well as sports massage and light therapy, may help attenuate muscle damage and reduce CK levels. Losing weight, especially for those who are overweight, can also lower creatine kinase levels. Research indicates that individuals with low creatine kinase levels are at a higher risk of fainting and mortality. A study involving 442 people found that those with low creatine kinase levels were 73% more likely to experience dizziness [91]. Furthermore, critically ill patients with lower muscle mass tend to have increased mortality rates [92]. Studies with over 1.8k patients each demonstrated that individuals with chronic kidney disease and low creatine kinase levels had higher mortality rates [93, 94]. To address low creatine kinase levels, it is essential to collaborate with a healthcare provider to identify underlying causes and develop an effective treatment plan. Patients should discuss the following lifestyle modifications with their doctor before implementing them: 1) Physical activity: Engaging in exercise can help build muscle mass and increase creatine kinase levels. 2) Balanced diet: Consuming sufficient protein-rich foods or supplements may aid in muscle growth and improved creatine kinase activity. When considering supplements, it is crucial to consult a healthcare provider due to potential interactions with existing health conditions or medications. Cleveland Clinic offers comprehensive care services, including board-certified experts and research-driven treatments, ensuring exceptional patient outcomes.