

DMD and Me



Based on a true story.

Written by Chris Harmon and Sue Nuenke
Illustrated by Sue Nuenke

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My name is Chris.

This is my family.

**I have a mom, a dad,
a big brother named Joey,
and a dog named Jake.**

**I also have DMD, which means
“Duchenne
Muscular
Dystrophy”.**





When I was little, my parents noticed that I didn't move the same way that Joey did when he was little. I could think, talk, laugh, smile, and play

**just like Joey, but I didn't crawl
the way he did. I crawled by
pulling myself with my arms.
Joey started walking when he
was one year old. I started
walking when I was one and a
half years old. Sometimes I
walked on my tiptoes. I
couldn't run fast because my
legs weren't very strong.**

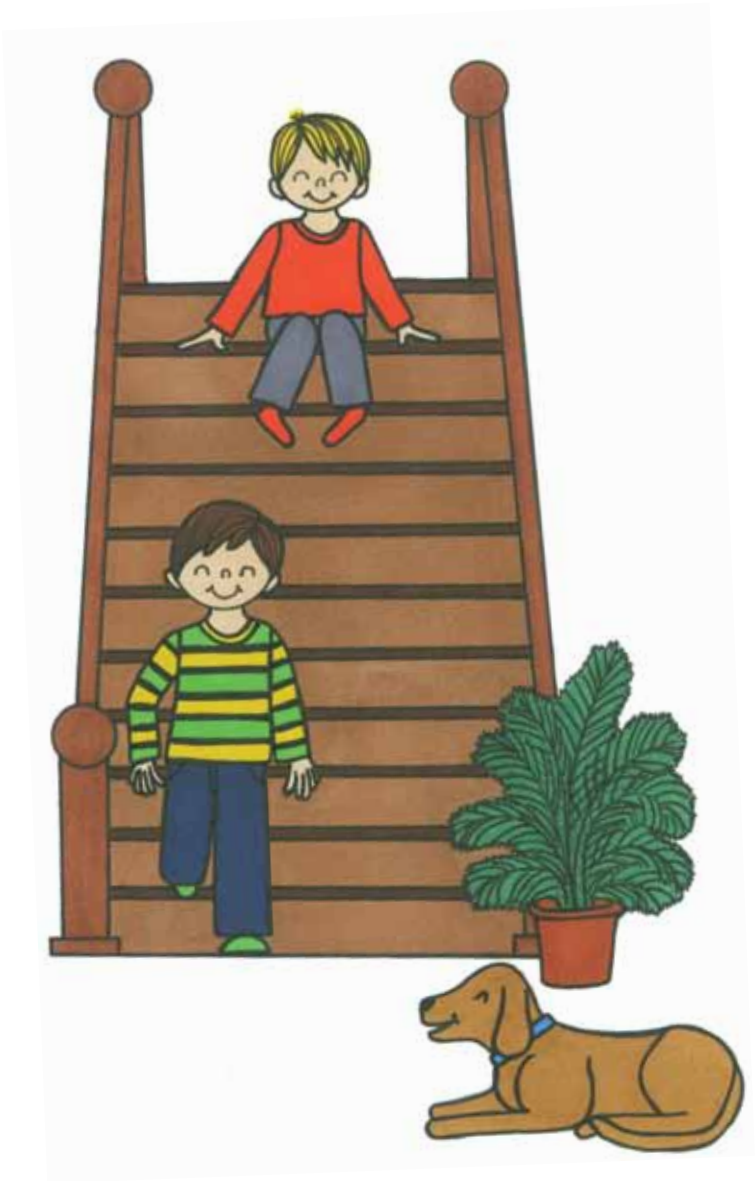
**I fell down more often than
Joey ever did, but I always got
up again! When Joey went
upstairs to play, I would follow
him by crawling up the stairs
like a mountain climber. When
Joey came back down I was
right behind him**

bump,

bump,

bumping

on my rump!



**My parents took me to
Children's Hospital and a nice
doctor did some tests.**



**She moved my arms and legs
and I showed her how strong I
was. She tapped on my knees
to see if my legs would kick.**

**She asked me to sit on the floor
and get back up. It took me
longer than it takes Joey, but I
did it!**

**After all of the tests, the doctor
told my parents that I have
DMD. She said that my
muscles don't have enough of
something called dystrophin.**

**Dystrophin helps muscles grow
and keeps them strong.**

**My mom and dad looked sad
when they heard the news.**



I didn't feel any different.

When I looked in the mirror,

I didn't look any different.

I didn't feel sad or mad or glad.

Having DMD is not my fault.

It's not anybody's fault.

It is just the way I am.

**Now I know why it is hard for
me to keep up with Joey and
my friends.**



I'm not lazy.

I'm not sick.

I'm not bad.

**Other kids cannot get DMD
from me. It doesn't work that
way. It's not like having a
cold. It is deep inside of me
and I can't sneeze it, or blow it,
or cough it out.**





My favorite color is orange. I like playing with my friends and making things. I especially like drawing pictures of robots and mazes. I read books about dinosaurs, race cars, trucks, and bugs. My favorite things at school are Science, Music, Art, and Recess.



**I have to be careful on the
playground so I don't get
knocked down. Some kids don't
understand that because
I have DMD,
I can fall if they
bump into me.**





**I have been friends with Sara
my whole life. We like a lot of
the same things. Sara's
favorite thing is jumping rope.**

When I try to jump, my right foot goes up when my left foot goes down. My doctor said it's probably best if I don't jump, so Sara said I could be her coach. I count out loud as she jumps:

**1 2 4 6
1 3 5 7**

We make a great team!



**Joey and I have
a basketball hoop.
We can make it
high or low,
so it is perfect
for both of us.**

**Joey is good
at dunking,
I am good at
free throwing,
and Jake is good
at guarding.**



Someday, if it gets too hard for me to walk, I might get a wheelchair. Our friend, Josh, has DMD too. He is older than I am and he has a wheelchair.



**Josh can do all kinds of things
and go lots of places with his
wheelchair. He goes to work,
to restaurants, and to the
movies with his friends.**



**The people at
Children's Hospital
have helped Josh and
now they are helping me.**

There are many

doctors, nurses, and scientists



all over the world

**working to find
a cure for DMD.**

My parents take me to see



**one doctor
for my muscles,**

**one doctor
for my lungs,**

**one doctor
for my heart,**

**and one doctor
for my bones.**

**The doctors know what
pills I can take and which
exercises I can do to help
me stay strong.**

The physical therapist fit my legs for braces and showed us how to do some stretches at home. Mom and Dad help me with them and Joey counts out loud for me.

Now he's my coach!





**My whole family has
learned a lot about DMD
and most important of all,
we know it is just a little
part of who I am.**



A Popping Wheelies Picture Book