



April 15, 2016  
Together We Are Strong  
International Pompe Day

# THE EARLIER-THE BETTER

**Early diagnosis of Pompe disease is the key to achieving the best results from the treatment currently available.**

Today, the average length of time from symptom onset to diagnosis for patients is ten years.

## HOW YOU CAN HELP

**Learn the early warning signs of Pompe disease.**

A simple blood test can be used to diagnose (or rule out) Pompe disease.

**Symptoms of Pompe disease can present in many different ways.**

Pompe disease is so rare that doctors often miss the early signs, and patients go misdiagnosed, or undiagnosed.

### Early Symptoms of Infantile Onset Pompe disease\*

- Enlarged heart
- Difficulty feeding
- “Floppy” Baby (no muscle control)
- Head Lag
- Delayed development

*\*Symptoms of Infantile Onset can present within the first weeks of life. Not all symptoms may be present at first.*

### Early Symptoms of Late Onset Pompe disease\*

- Difficulty walking, or climbing stairs
- Difficulty getting out of a chair
- Difficulty breathing (sometimes noticed as morning headaches, morning nausea, or drowsiness)
- Muscle pain or weakness
- Frequent falls
- Tire easily after mild/moderate exercise

*\*Symptoms of Late Onset Pompe can present at any age. Not all symptoms may be present at first.*

***If you suspect Pompe disease, request a test.***

**TO LEARN MORE ABOUT POMPE DISEASE INCLUDING HOW TO GET TESTED, GO TO: [www.worldpompe.org](http://www.worldpompe.org)**