



Impact and Interplay of Corticosteroid Regimen and Exercise Training on DMD Muscle Function

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Study Rationale

Current standard of care for patients with DMD involves steroids, which when taken daily, lead to numerous side effects. Recent evidence suggests that weekend-only use of steroids may have equal benefit without the negative side effects. In addition, appropriate exercise may magnify the beneficial effects of steroids.

Study Aim

To investigate the therapeutic potential of low-dose weekend steroid use alone or in combination with exercise training in boys with DMD.

Inclusion Criteria

- Ambulatory males with DMD, age 5-8
- Non-corticosteroid and corticosteroid users

Exclusion Criteria

- Contraindications to MR examination such as metal implant

Study Participation and Procedures

- Total time: 6 months – 1 year
- 3 to 5 visits to UF
- MR scans, timed function & exercise tests, blood and urine samples, questionnaires
- All exercise sessions monitored via video by study team



Non-steroid using boys will be asked to take low-dose prednisone on the weekends only, alone or with supervised at-home exercise training (3-4 times / week for 6 months)

Daily steroid using boys will be asked to undergo supervised exercise training for 6 months

The investigative team has great **experience** and **expertise** working with boys with DMD, exercise and MRI.



Study Highlights & Benefits

The interventions of steroids and exercise may improve overall mood, muscle strength and composition, and functional abilities of individuals with **DMD**.

MRI methods will be used to **noninvasively** monitor the impact of interventions on muscle disease progression throughout the study.

Local and out of town participants are welcome!! **Travel expenses and hotel will be paid for by the study** (for child and one caregiver). Weekend prednisone and exercise device with laptop will be provided at no cost. All participants will receive a **\$50 gift card for every UF visit**.



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