



Muscular
Dystrophy WA

Meet a Member... Jack O

My name is Jack and I'm 28 years old. I started exhibiting symptoms of muscular dystrophy from the age of five. Despite numerous trips to various specialists for well over a decade, it wasn't until I was 19 that I received my diagnosis. Limb-Girdle Muscular Dystrophy Type 2A.

I have great difficulty climbing stairs and inclines, and getting up from a resting position. I fatigue quickly throughout the day and fall frequently. But I don't allow my MD to define me.

My favourite food is cold pizza. I'll usually order more than I need so that there are leftovers for breakfast. Cold pizza is undoubtedly the best breakfast, although avo' on toast does the trick too.

I have been fortunate enough to do a lot of travelling – living around the world as my dad's job posted him to different locations until we settled in Perth in 1999. I have done a little more travelling with my friends since I finished high school including a drive across Australia from Perth to Brisbane to Sydney, and three months spent teaching in Burma in 2015.

My undergraduate degree was in writing and English. I've just finished studying a Graduate Diploma of Education at The University of Western Australia, and I will graduate as a high school English and Special Educational Needs (SEN) teacher. My undergraduate degree was in writing and filmmaking. In my spare time I write for, and produce music videos and short films. Filmmaking is a pretty full-time hobby. A couple of years ago I wrote a short film that was a shortlisted finalist for the national Tropfest Film Festival, which remains one of my proudest achievements.

When I'm not studying or filmmaking, I can generally be found out with friends or relaxed in front of a videogame. I always wanted to play the drums so I bought an electric kit that I'm teaching myself (badly) how to play. I've managed to fit playing the drums into my physio routine which makes my daily cardio and strength exercises way more fun. I plan to spend the summer working on some film projects and continue to do so for the foreseeable future whilst I teach part-time.

the condition

Limb-Girdle Muscular Dystrophy is the name of a group of over 20 muscular dystrophies, each varying significantly in its progression, symptoms and age of diagnosis. These types of muscular dystrophy predominately affect the pelvic and shoulder muscles. The common factors for most types of Limb-Girdle are that it usually affects muscles in the hips, thighs, shoulders and top part of the arms. Some people with Limb-Girdle use a wheelchair early on in life, while others may not need one until late adulthood.

Many of those who have Limb-Girdle Muscular Dystrophy are incredibly active members of our community.

We know numerous individuals who work full time, are working towards their university degrees and pursuing big goals and ambitions.

