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題目 (Title):

先天性肌失養症兒童的跨步活動

Stepping Activity in Children With Congenital Myotonic Dystrophy.

摘要中文翻譯**目的：**

本研究的目的是調查先天性肌失養症（Congenital Myotonic Dystrophy，CMD）兒童的身體活動程度，並檢查患者的臨床和功能特徵是否與身體活動相關。

方法：

對25名患有CMD的兒童進行了功能測量、臨床測量和身體活動程度的評估。

結果

研究結果支持CMD兒童大部分時間都處於不活動狀態。不活動與胞嘧啶-胸腺嘧啶-鳥嘌呤重複之間存在負相關，顯示不活動性隨著CMD嚴重程度而增加。年齡、身體質量指數和除脂肪體重（淨體重）可能是影響活動程度的因素。

結論：

本研究中的兒童每天進行建議步數的三分之一。每天的步數與臨床測量無相關。

Original Abstract

PURPOSE:

The purpose of this study was to investigate the physical activity levels in children with congenital myotonic dystrophy (CMD), and to examine whether patient clinical and functional characteristics correlated to physical activity.

METHODS:

Twenty-five children with CMD were assessed on functional measures, clinical measures, and physical activity levels.

RESULTS:

Results support that children with CMD spend the majority of their time inactive. There was a negative correlation between inactivity and cytosine-thymine-guanine repeats, suggesting increased inactivity with increased CMD severity. Age, body mass index, and lean muscle mass may be factors influencing activity levels.

CONCLUSIONS:

Children in this study received one-third the recommended steps per day. The number of steps per day is not correlated with clinical measures.

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