



HOPE FOR NO MORE PAIN presents

WHAT IS CMT?

Issue #1 — Understanding CMT



CMT stands for Charcot-Marie-Tooth disease.
It is one of the most common inherited
nerve disorders in the world.



CMT damages the peripheral nerves — the nerves that carry signals from the brain to the hands and feet. When the signal weakens, the muscles weaken too. Everyday things — gripping, walking, balance — get harder.



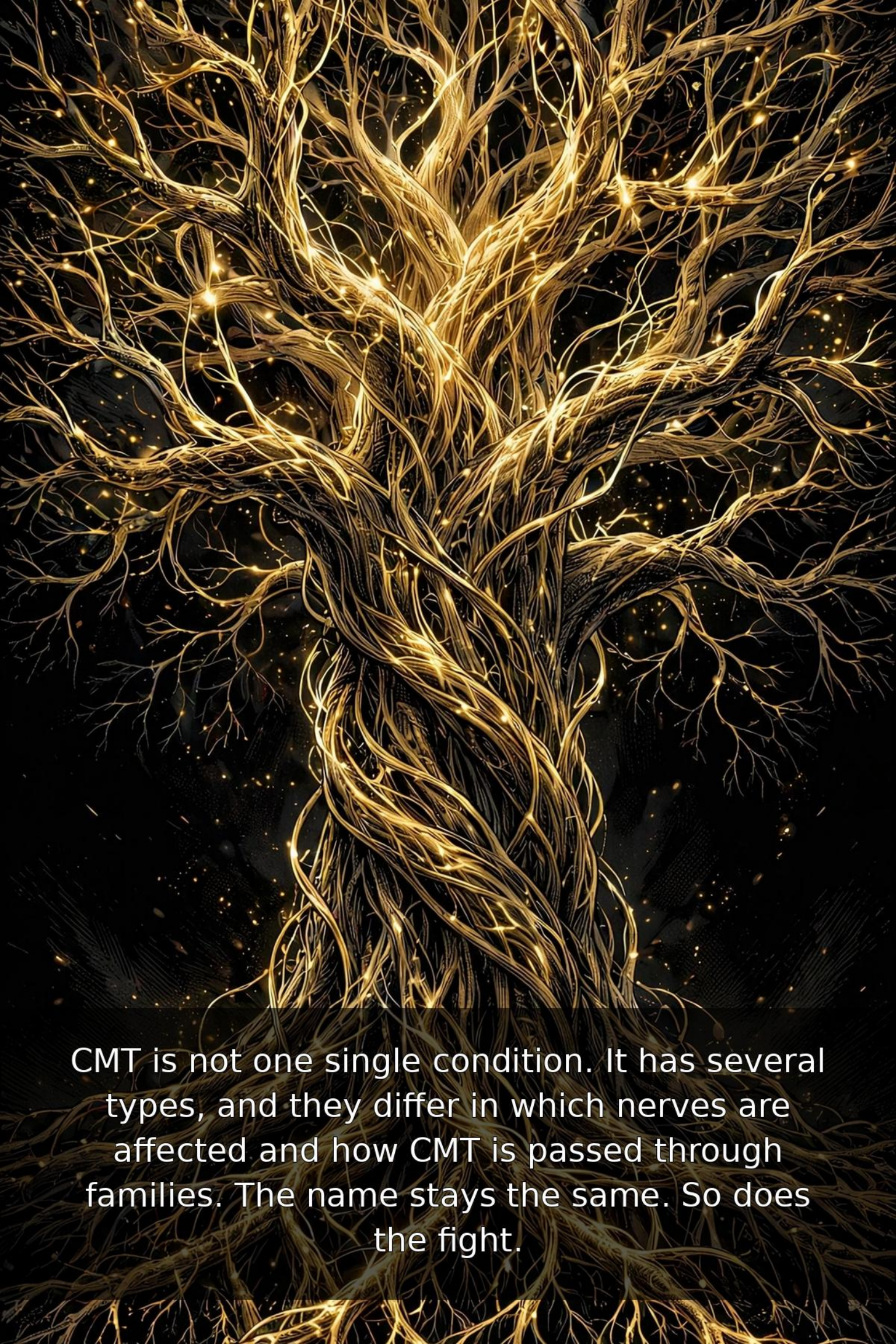
It often starts in the feet: tripping, ankles that turn too easily. Then the hands: a grip that fades, fingers that tire. Balance becomes something you think about.



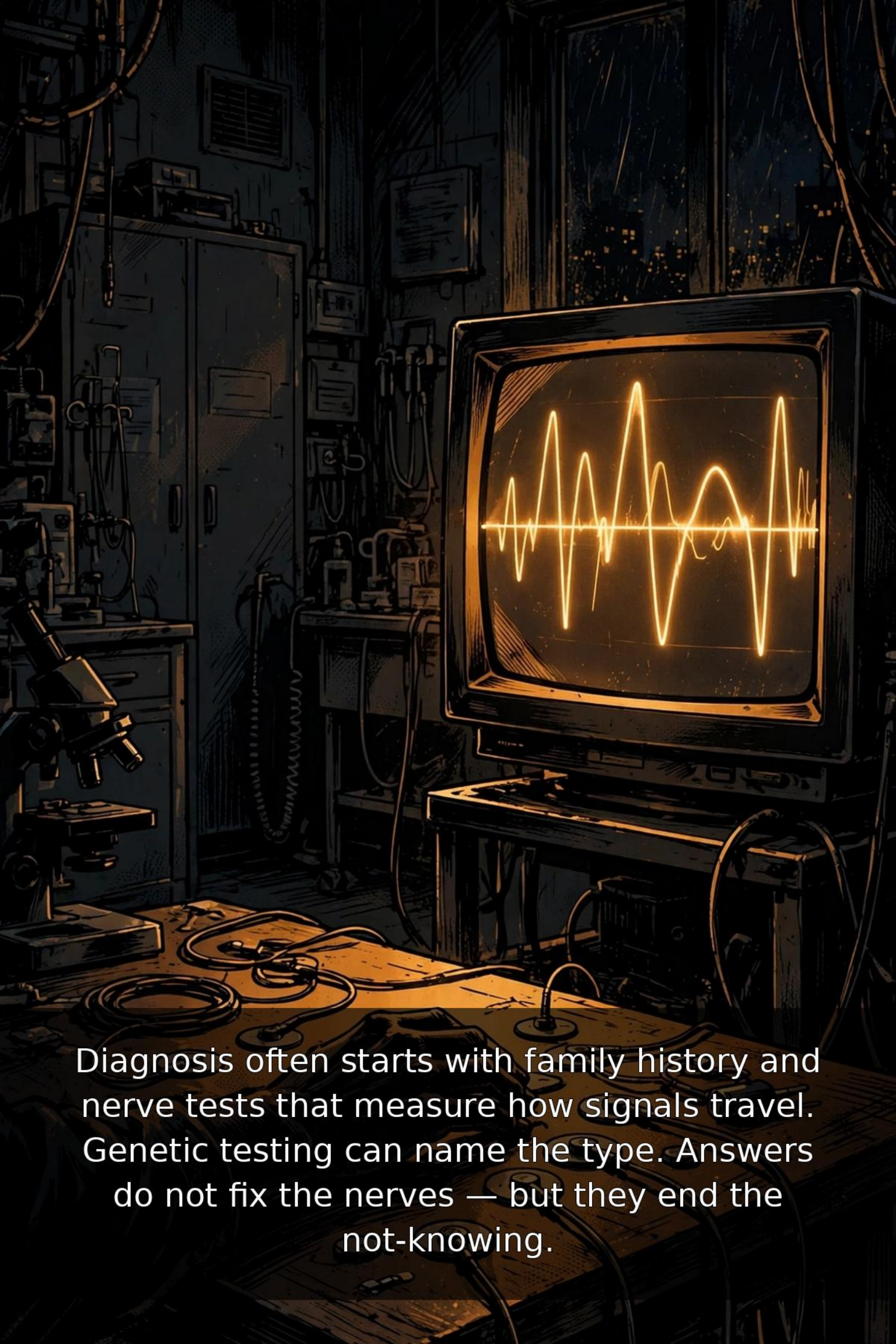
Buttons. Jars. Stairs. Long days on your feet.
CMT turns small tasks into negotiations —
and people with CMT negotiate brilliantly,
every single day.



Adam has CMT. It affects his hands and his feet, and he describes it as a disability. He does not know his own CMT type. His brother has CMT1A. This series starts with his story — and it belongs to everyone with CMT.



CMT is not one single condition. It has several types, and they differ in which nerves are affected and how CMT is passed through families. The name stays the same. So does the fight.



Diagnosis often starts with family history and nerve tests that measure how signals travel. Genetic testing can name the type. Answers do not fix the nerves — but they end the not-knowing.



There is no cure yet. So people adapt: braces that steady the step, therapy that keeps muscles working, a thousand small tricks of their own. Adaptation is its own kind of strength.



1 in 2,500 people live with CMT — yet most of the world has never heard its name. Awareness is where change starts.



1 in 2,500 people live with CMT. Many have never even heard its name. There is no cure yet — but there is hope. HOPE FOR NO MORE PAIN.

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CMT awareness apparel by AB Creative World
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Understanding CMT — Issue #1