

Rooms

Sat: Cheshire

Sun: Bridge 1

McArdle Workshop

Chair: Andrew Wakelin

The McArdle's (and other muscle GSDs) team will hold an informal get-together at 11am on Saturday, before the conference opens officially at 12 noon. We will especially be welcoming new members.

Saturday 5th October

- 14:00 Get to know you session
- 14:30 Pain? What Pain? Avoiding and managing pain in McArdles
- 15:00 My walking course experience
- 15:30 Refreshments
- 15:45 International research update
- 16:15 Walking courses roll out: Germany, USA and new ideas
- 16:45 Day 1 questions
- 17:00 Workshop close

Sunday 6th October

9:30 AGSD UK AGM in Alice

- 10:00 Advocacy & McArdle disease
- 10:30 What does the future hold? Gene therapy, patient registries, standards of care
- 11:00 Website and publications review - your chance to input
- 11:30 Refreshments
- 11:45 Top tips for day to day management
- 12:15 "McArdle disease service" report
- 12:30 Expert panel Q&A - any questions you like

Parallel sessions repeat at 11 & 12 for 45 mins

Meditation Taster

Daresbury

12:55 to 13:00 Workshop closing remarks

Chair