Mexiletine, a class 1b antiarrhythmic medication, appears to have some potential for treating muscle stiffness and other symptoms of myotonias.

The aim of this study was to analyse the effect and safety of mexiletine on myotonia signs and symptoms in patients with myotonic disorders.

A retrospective, observational study including all patients treated with mexiletine at the hospital was carried out.

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### Study design
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### Results

**Demographic (age and sex)**
- 11 patients
- 40 years old [21-56]
- 10 males
- 1 female

**Diagnostic (type of myotonic disorder)**
- Schwartz Jampel Syndrome (1 patient)
- Steinert Disease (6 patients)
- Thomsen Disease (1 patient)
- Becker Muscular Dystrophy (3 patients)

**Therapeutic (dosage, duration of treatment, previous treatment, adverse reactions)**

#### PREVIOUS TREATMENT
- Carbamazepine, fenoldopam and/or diuretics
- None

#### ADVERSE EFFECTS
- Gastrointestinal
  - 1
- None
  - 9

**Mexiletine DoSage and Effect**
- 100 mg /8-12h (36%)
- 200 mg /8h (64%)
- None (36%)
- Benefits (64%)
- Relief of muscle stiffness
- STOPPED the treatment

### Conclusions
- 64% of patients treated with mexiletine (200 mg/8 h) showed improvement in their symptoms and are still under treatment.
- Mexiletine was well tolerated in all patients, with minor adverse effects in only one patient.
- Due to the fact that these disorders are rare, the number of patients analyzed was low.