**Myostatin-related muscle hypertrophy**

Myostatin-related muscle hypertrophy is a rare condition characterized by reduced body fat and increased muscle size. Affected individuals have up to twice the usual amount of muscle mass in their bodies. They also tend to have increased muscle strength. Myostatin-related muscle hypertrophy is not known to cause any medical problems, and affected individuals are intellectually normal.

**Frequency**

The prevalence of this condition is unknown.

**Causes**

Mutations in the *MSTN* gene cause myostatin-related muscle hypertrophy. The *MSTN* gene provides instructions for making a protein called myostatin, which is active in muscles used for movement (skeletal muscles) both before and after birth. This protein normally restrains muscle growth, ensuring that muscles do not grow too large. Mutations that reduce the production of functional myostatin lead to an overgrowth of muscle tissue.

**Inheritance Pattern**

Myostatin-related muscle hypertrophy has a pattern of inheritance known as incomplete autosomal dominance. People with a mutation in both copies of the *MSTN* gene in each cell (homozygotes) have significantly increased muscle mass and strength. People with a mutation in one copy of the *MSTN* gene in each cell (heterozygotes) also have increased muscle bulk, but to a lesser degree.

**Other Names for This Condition**

- Muscle hypertrophy syndrome

**Diagnosis & Management**

**Genetic Testing Information**

- What is genetic testing? /primer/testing/genetictesting
Additional Information & Resources

Health Information from MedlinePlus
• Health Topic: Muscle Disorders
  https://medlineplus.gov/muscledisorders.html

Genetic and Rare Diseases Information Center
• Myostatin-related muscle hypertrophy
  https://rarediseases.info.nih.gov/diseases/10238/myostatin-related-muscle-hypertrophy

Educational Resources
• MalaCards: myostatin-related muscle hypertrophy
  https://www.malacards.org/card/myostatin_related_muscle_hypertrophy
• Neuromuscular Disease Center, Washington University
  https://neuromuscular.wustl.edu/mother/mlarge.html#myostatinmut
• Orphanet: Myostatin-related muscle hypertrophy
  https://www.orpha.net/consor/cgi-bin/OC_Exp.php?Lng=EN&Expert=275534

Patient Support and Advocacy Resources
• Resource list from the University of Kansas Medical Center
  http://www.kumc.edu/gec/support/muscular.html

Scientific Articles on PubMed
• PubMed
  https://www.ncbi.nlm.nih.gov/pubmed?term=%28myostatin+AND+muscle+hypertrophy%5BTIAB%5D%29+AND+english%5Bla%5D+AND+human%5Bmh%5D+AND+%22last+1800+days%22%5Bdp%5D

Catalog of Genes and Diseases from OMIM
• MYOSTATIN
  http://omim.org/entry/601788

Medical Genetics Database from MedGen
• Myostatin-related muscle hypertrophy
Sources for This Summary

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/16842126

  Citation on PubMed: https://www.ncbi.nlm.nih.gov/pubmed/15215484

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