

Gender		
Respondents	92	
Male	49	
Female	43	
Mutations (all other mutations were represented by ≤ 3 subjects)		
Respondents	94	
T704M	27	
M1592V	19	
I692M*	10	
R1448H	7	
T1313M	5	
Comorbid Conditions		
Thyroid	19	
High blood pressure	19	
Arrhythmias	9	
Migraines	9	
High triglycerides/cholesterol	8	
Kidney problems	5	
Diabetes, type 2	4	
Coronary artery disease	3	
Attention deficit disorder/Attention deficit hyperactivity disorder	1	
Diabetes, type 1	0	
Age of First Attack		
Respondents	84	
Age 10-19	21	
Diagnostic studies underwent prior to diagnosis of hyperPP		
Blood tests	63	
EMG	46	
EKG	30	
Muscle biopsies	26	
Urine tests	25	
Nerve conduction study	22	

Potassium challenge	22		
Creatine kinase	17		
Fasting challenge	16		
Compound muscle action potential test	8		
Ice water test	2		
Concomitant Paramyotonia and/or Myotonia			
Respondents	86		
Paramyotonia	39		
Paramyotonia + myotonia	24		
Myotonia	48		
Myotonia + paramyotonia	24		
Myotonia + progressive muscle weakness	18		
No myotonia	12		
No myotonia + progressive muscle weakness	4		
Attack Triggers			
Total respondents	91		
Female respondents	43		
Cold environments	69		
Rest after exercise	61		
Stress or fatigue	43		
Alcohol	41		
Hunger	39		
Changes in activity level	37		
Potassium in food	32		
Specific foods or beverages	32		
Changes in humidity	32		
Extra sleep	31		
Pregnancy	12		
Illness of any type	24		
Menstruation	8		
Medication	15		
Potassium supplements	13		
Typical time of day of attack occurrence			

Respondents	86		
Morning	48		
During sleep	39		
Upon waking	37		
Afternoon	25		
Evening	17		
Prodromal symptoms			
Respondents	70		
Day prior: positive response	27		
Immediately prior: positive responses	60		
Attack frequency			
Respondents	87		
1-3 per month	26		
1 per week	18		
2-6 per week	21		
Typical attack duration			
Respondents	80		
<5 min	8		
5-15 minutes	3		
15-30 minutes	11		
30 minute to an hour	17		
1-2 hours	5		
3-4 hours	5		
10-15 hours	2		
20 hours-1 day	4		
1-2 days	8		
>2 days	17		
Longest attack			
Respondents	83		
Over 1 week	19		
Body region affected by attack			

Respondents	92		
Calves	86		
Arms	84		
Hands	83		
Thighs	83		
Feet	70		
Eyelids	58		
Face	57		
Neck	54		
Speaking musculature	53		
Hips	39		
Breathing musculature	24		
Trunk	5		
Severity of most attacks			
Respondents	90		
Very mild – barely noticeable to others, few limitations	5		
Mild – have only some limitations on mobility, others would notice I am in an attack	39		
Moderate – have some movement, can self-medicate	32		
Severe – can speak, cannot move at all, can call for help	12		
Very severe – cannot speak, cannot call for help	2		
Severity of interictal symptoms			
Respondents	89		
Severe, impairs activities of daily living	11		
Moderate	12		
Mild	30		
No symptoms	36		
Muscle pain			
Respondents	92		
Muscle pain during attacks	38		
After attacks	57		
None	24		
Frequency of attacks over time		Worsened	Stayed the same Improved

Childhood	64	6	0
Puberty/teenage years	31	5	3
20-39	12	7	4
40-69	9	3	3
70+	1	0	0
Menopause	1	0	2
Muscle stiffness during attacks	Worsened	Stayed the same	Improved
Childhood	40	7	0
Puberty/teenage years	14	6	3
20-41	5	5	5
40-71	6	3	2
70+	0	0	0
Menopause	2	0	1
Muscle weakness during attacks	Worsened	Stayed the same	Improved
Childhood	5	10	0
Puberty/teenage years	4	7	6
20-40	4	6	18
40-70	8	1	11
70+	1	0	0
Menopause	0	0	1
Permanent muscle weakness	Worsened	Stayed the same	Improved
Childhood	18	8	0
Puberty/teenage years	4	8	0
20-42	3	7	0
40-72	10	1	0
70+	1	1	0
Menopause	0	2	0
Progressive myopathy (muscle dysfunction) or permanent weakness			
Respondents	92		
Yes	28		
No	48		
Unsure	16		

Level of Disease Control			
Respondents	83		
Mostly controlled	37		
Needs improvement	42		
Optimal	4		
Acute Medications	Mostly Controlled	Needs Improvement	
Respondents	14	20	
None	2	4	
Hydrochlorothiazide	2	5	
Salbutamol	2	4	
Mexiletine	2	1	
Flecainide	2	0	
Furosemide	1	0	
Acetazolamide	1	4	
Magnesium	1	3	
Torsemide	1	0	
Fenoterol	1	0	
Orphenadrine	1	0	
Nonsteroidal anti-inflammatory drugs	1	1	
Calcium	1	1	
Carbamazepine	0	1	
Potassium	0	1	
Propafenone	0	1	
Muscle relaxants	0	1	
Chronic Medications	Mostly Controlled	Needs improvement	
Respondents	23	26	
Hydrochlorothiazide	5	4	
Mexiletine	5	1	
No treatment regimen	4	16	
Flecainide	3	0	
Acetazolamide	2	5	
Salbutamol	2	1	
Fludrocortisone	1	1	

Magnesium	1	1	
Torsemide	1	0	
Furosemide	1	1	
Omeprazole	1	0	
Vitamin C	1	0	
Limptar	1	0	
Salt	1	0	
Potassium	0	1	
Electrolyte fluid	0	1	
Able to abort an attack			
Respondents	86		
Never	18		
Occasionally	13		
Episodes of weakness that improve with potassium intake			
Respondents	63		
Positive	8		
Years to arrive at current regimen			
Respondents	22		
10+ years	12		
5-10 years	5		
1-5 years	6		
<1 year	2		
Pregnancy	Worsened	Stayed the same	Improved
Frequency of attacks over time	11	0	1
Muscle stiffness during attacks	6	0	2
Muscle weakness during attacks	1	0	4
Permanent muscle weakness	1	2	0
Effects of surgery			
Respondents	74		
Never had surgery	17		
Non-anesthetic surgical complications	13		

Effects of local anesthesia			
Respondents	83		
Never had local anesthesia	7		
Complications related to local anesthesia	8		
Effects of general anesthesia			
Respondents	86		
Never had general anesthesia	19		
Complications related to general anesthesia	20		