



10 Things to Know About FSHD

1. FSHD stands for facioscapulohumeral dystrophy - The disease initially affects the muscles of the face (facio), shoulder (scapulo), and upper arms (humeral). 🎤
2. It is the most prevalent form of muscular dystrophy, affecting an estimated 1 in 20,000 men and women worldwide.
3. A parent with FSHD has a 50% chance of passing on the disease to his or her child.
4. FSHD is a mostly inherited disease, however, in some 30% of cases, the disease appears spontaneously as a gene mutation without any family history.
5. FSHD is a progressive disease.
6. Weakening facial muscles make it difficult for those with FSHD to smile or show facial expressions. Some develop “mask-like” qualities.
7. FSHD predominantly affects the muscles of the face, shoulders, and upper arms, eventually spreading to the back, legs and pelvis.
8. About 20% of people with FSHD will eventually require a wheelchair
9. Symptoms may develop in early childhood, but commonly appear during the teenage years.
10. There is NO treatment or cure.

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