**Huntington's Disease  
Society of America**  
**HDSA FAMILY OF SERVICES**  
**HDSA.ORG/SUPPORT**



**HDSA CENTERS OF EXCELLENCE**

The HDSA Centers of Excellence provide a multidisciplinary approach to HD care and research. [HDSA.org/coe](https://www.hdsa.org/coe).



**FREETELEHEALTH**

HDSA's Telehealth Program makes it easy for you to talk to mental health therapists from the comfort of your home. [HDSA.org/telehealth](https://www.hdsa.org/telehealth)



**DISABILITY PROGRAM**

HDSA has disability resources to support you and your family. [HDSA.org/disability](https://www.hdsa.org/disability)



**SOCIAL WORKERS  
& SUPPORT GROUPS**

HDSA has an army of trained social workers who offer information, education and access to community based services within a specific region.

Over 100 in-person or online support groups available at [HDSA.org/supportgroups](https://www.hdsa.org/supportgroups)



**PROFESSIONAL  
& FAMILY EDUCATION**

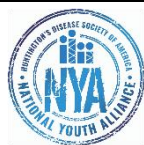
COEs and HDSA Chapters can partner to host community Educational Days with HDSA grant support. [HDSA.org/21EdDay](https://www.hdsa.org/21EdDay).

Free, continuing education courses for genetic counselors, social workers, OT and PT are available at [HDSA.org/healthcarepro](https://www.hdsa.org/healthcarepro).



**CLINICAL TRIALS  
& RESEARCH NEWS**

HDSA provides worldwide HD research news via blogs, research webinars, and social media. [HDSA.org/research](https://www.hdsa.org/research). The HD Trialfinder is a free, easy-to-use platform to help you find HD clinical trials. [HDTRIALFINDER.org](https://www.hdtrialfinder.org).



**YOUTH PROGRAMS**

HDSA's National Youth Alliance (NYA) provides resources for youth and young adults impacted by HD. [HDSA.org/nya](https://www.hdsa.org/nya)



**HELPLINE**

HDSA manages a helpline for HD families and professionals M-F, 9am-5pm EST, staffed by trained HD social workers.  
Call (800) 345-HDSA



**HDSA ON-DEMAND**

All of our videos, webinars, Convention workshops, PSAs and HDSA produced films can be found on HDSA YouTube Channel for on-demand viewing. [HDSA.org/youtube](https://www.hdsa.org/youtube)



The Huntington's Disease Society of America (HDSA) is the premier nonprofit organization dedicated to improving the lives of everyone affected by Huntington's disease.

From community services and education to advocacy and research, HDSA is the world's leader in providing help for today, hope for tomorrow for people with Huntington's disease and their families.

### **WHAT IS HUNTINGTON'S DISEASE?**

Huntington's disease (HD) is a fatal genetic disorder that causes the progressive breakdown of nerve cells in the brain. It deteriorates a person's physical and mental abilities usually during their prime working years and has no cure. HD is known as the quintessential family disease because every child of a parent with HD has a 50/50 chance of inheriting the faulty gene.

Today, there are approximately 41,000 symptomatic Americans and more than 200,000 at-risk of inheriting the disease.

HD is described as having ALS, Parkinson's and Alzheimer's – simultaneously.

Symptoms usually appear between the ages of 30 to 50, and worsen over a 10 to 25-year period. Ultimately, the weakened individual succumbs to pneumonia, heart failure or other complications.

Everyone has the gene that causes HD, but only those that inherit the expansion of the gene will develop HD and perhaps pass it on to each of their children. Every person who inherits the expanded HD gene will eventually develop the disease. Over time, HD affects the individual's ability to reason, walk and speak.

HD manifests as a triad of motor, cognitive and psychiatric symptoms which begin insidiously and progress over many years, until the death of the individual. The average length of survival after clinical diagnosis is typically 10-20 years, but some people have lived thirty or forty years. Late stage Huntington's disease may last up to a decade or more.

### **HUNTINGTON'S DISEASE SYMPTOMS INCLUDE:**

Personality Changes - Mood Swings & Depression - Forgetfulness - Impaired Judgment - Unsteady Gait  
Involuntary Movements (Chorea) - Slurred Speech - Difficulty Swallowing - Significant Weight Loss

**FOR MORE RESOURCES VISIT**  
**HDSA.ORG | (800)345-HDSA**