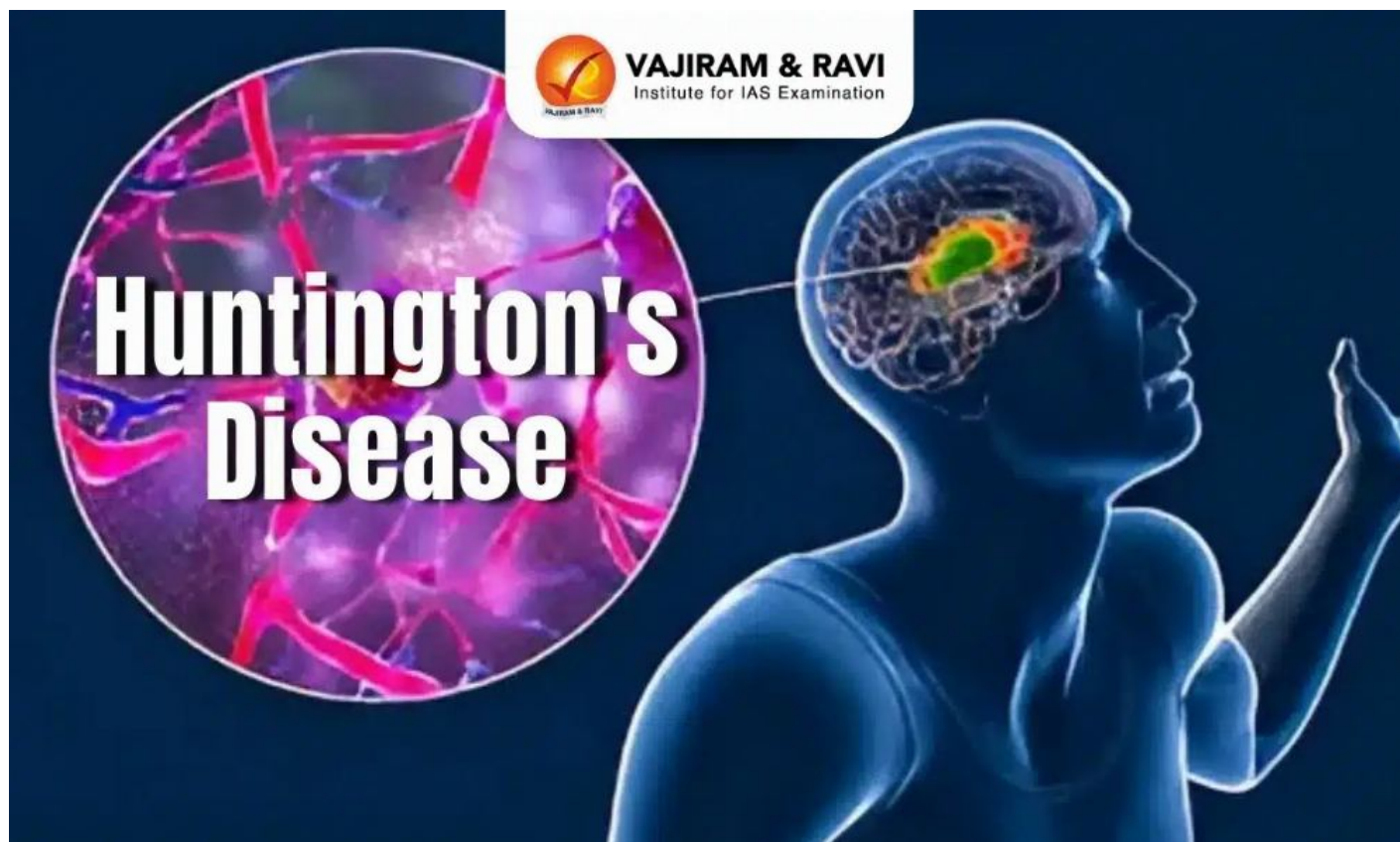


Huntington's Disease (HD)

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Huntington's Disease Latest News

Huntington's disease (HD) has long been impossible to cure, but new research is finally giving fresh hope.

About Huntington's Disease

- It is a **rare hereditary disorder in which brain cells, or neurons**, in certain areas of your brain **start to break down**.
 - The destruction of nerve cells **happens in the basal ganglia**, or the **region of your brain that regulates your body's movements**.
 - It also **affects the brain cortex** (surface of your brain) that **regulates your thinking, decision-making, and memory**.
- As the neurons degenerate, the disease can **lead to emotional disturbances, loss of intellectual abilities, and uncontrolled movements**.
- **What causes HD?**

- A **genetic mutation of the HTT gene** causes HD. **If one of your parents has HD, you have a 50% chance of also developing it.**
- The HTT gene makes a protein called huntingtin. This protein helps your nerve cells (neurons) function.
- If you have HD, your DNA doesn't have all the information needed to make the huntingtin protein.
- As a result, these proteins grow in an abnormal shape and destroy (instead of help) your neurons.
- Your neurons die because of this genetic mutation.
- **How common is HD?**
 - HD affects an estimated **3 to 7 out of every 100,000 people, most often people of European ancestry** (biological family comes from European descent).
 - There are **two main types** of HD:
 - **Adult-onset:** This is the **most common** type. Symptoms usually start **after age 30**.
 - **Early-onset (juvenile Huntington's disease):** This rare type affects children and teenagers. Symptoms appear **before age 20**.
- **Symptoms:**
 - **Common symptoms** include uncontrollable **dance-like movements (chorea)** and **abnormal body postures**, as well as **problems with behavior, emotion, thinking**, and personality.
 - Other symptoms may include **tremor** (unintentional back-and-forth movement in the person's muscles) and **unusual eye movements**. The **eye movements can happen early** in the disease.
 - These symptoms **get worse over time**.
 - **As HD progresses**, you will **need constant assistance and supervision** because of the debilitating nature of the disease.
 - **People usually die** from the disease **within 15 to 20 years of developing symptoms**.
- **Treatment:** There is **no treatment that can stop or reverse HD**, but health care providers can offer medications to help with certain symptoms.

Source: SA

Source: <https://vajiramandravi.com/current-affairs/huntingtons-disease/>

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