Huntington's disease (HD) is a rare, genetic, neurodegenerative disease that affects approximately 1 in 10,000 people worldwide. It is caused by a mutation in the huntingtin gene (HTT) which triggers the formation of toxic huntingtin protein (mHTT). This protein accumulates in brain cells, causing cell death and ultimately leading to motor, cognitive, and psychiatric symptoms.

For every parent with HD, there is a 50% chance their children will inherit the faulty HTT gene. This can increase worry and stress for those with HD, and deciding whether to test for the faulty gene themselves.

How does HD impact daily life?
HD symptoms typically start between age 30 and 50.

- Early manifest (genetic diagnosis): Motor symptoms typically start between age 30 and 50.
- Moderate manifest: Motor symptoms and psychiatric symptoms develop, often affecting daily functioning and social activities.
- Advanced manifest: Progressive deterioration of the body and cognitive abilities.

For every person living with HD, another family member and caregiver is affected.

Current treatments for HD
While research is ongoing, there are currently no treatments approved for HD. However, there are therapies focused on managing the symptoms, improving quality of life, and optimising care.

But individuals with HD, caregivers, and families are taking action, by:
- Raising awareness of Huntington's disease
- Participating in support groups
- Partnering with scientific research
- Engaging in clinical trials

References
6. Roche is currently assessing an investigational treatment, [link to study].
11. Huntington's Disease Clinical Research Center, UC San Diego School of Medicine. For Physicians: Stages of HD Progression.
12. 2013. 84;1156–1160.
16. The treatments currently available focus on providing symptom relief, maximising function and optimising quality of life. [link to study].

Spotlight on Huntington's disease