

Fragile X



What is Fragile X?

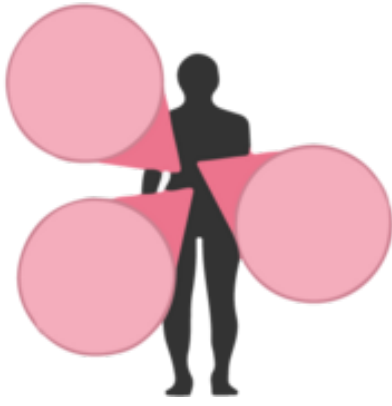
Fragile X is carried in your **genes**.



You say **genes** like jeans.



Your **genes** are part of your cells.



Every living thing is made of lots of cells.



You get your **genes** from your parents.



Even if you do not have Fragile X, you might have the Fragile X **gene**.



If you have the Fragile X gene, you might pass it on to your child.



If you have Fragile X, it might affect:

- how you talk
- your feelings
- how you behave
- the way you are with other people.



Fragile X and learning disability

Nearly all boys who have Fragile X have a learning disability .



About 1 in 3 girls who have Fragile X have a learning disability.



Having a learning disability is different for everyone.



People with Fragile X might find it difficult to sit still or finish what they are doing.



People with Fragile X might think that some every day sounds are very loud.



Everyone with Fragile X is different.



Most people with Fragile X have a long narrow face and ears that stick out.



Doctors might not be able to tell that a child has Fragile X because it is difficult to see these things when children are young.



Lots of people with Fragile X might behave like people who have [autism](#). For example, they might:

- not look at people's eyes
- feel anxious when they are with other people
- be very shy
- like to do things like flapping their hand, or biting their hand a lot.



How do I know if my child has Fragile X?

A blood test will tell you if your child has Fragile X.



A blood test can also tell you if you carry the Fragile X gene.



Most people with Fragile X need help with talking and being with other people.



Some people with Fragile X have epilepsy.



A few people with Fragile X have [autism](#).



People with Fragile X can be happy and do things they enjoy if they have the right support.



Help

The [Fragile X Society](#) has lots of information and support.



[Genetic Alliance UK](#) has lots of information and support.



You can also contact the Learning Disability helpline for more information and support:

- email Helpline@mencap.org.uk
- phone 0808 808 1111



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