



What do pediatricians need to know about  
**fragile X syndrome?**

It's the **world's leading cause** of inherited mental impairment, ranging from mild learning and psychological problems to autism and severe mental retardation.

# Fragile X syndrome

## ► Who's affected:

Approximately one in 3600 males and one in 5000 females. One in 300 women and one in 800 men are carriers.

## ► What to look for in boys and girls:

Developmental delays in cognition, communication and/or motor skills.

Hyperactivity, poor eye contact, hand flapping.

Learning disabilities, shyness and attentional problems.

Physical features can include a long, narrow face and prominent ears. Post-pubertal males usually have enlarged testicles. However, many young children do not have obvious physical features so *lack of these features does not rule out fragile X*.

Some female carriers experience early menopause and some older adult male carriers develop a tremor and/or ataxia syndrome known as FXTAS.

## ► What should be done:

**All children exhibiting these features or presenting with developmental delay or autism of unknown etiology should be tested for fragile X.**

A Fragile X-DNA blood test will accurately diagnose the syndrome. The test is usually covered by insurance, including Medicaid.

## ► Where to find help:

Phone the National Fragile X Foundation for more information, or visit our website to view over 1200 pages of content *including detailed testing information*.

**1-800-688-8765** or **[www.FragileX.org](http://www.FragileX.org)**



The National **Fragile X** Foundation

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