What is FSH?

FSH muscular dystrophy, or FSHD, is a disease that results in progressive deterioration of nearly all skeletal muscle including the **f**ace, **s**houlders and upper arms (**h**umerus).

Like one in four people with FSHD, 18 year-old Jaya requires a wheelchair for basic mobility.



My dream is that one day I will walk like everyone else. I'm sure that day will come because of all the people that are helping and keep saying "Yes, we will make it." - Jaya

Get Involved!

Your contribution will transform the future for people living with FSHD. To donate an item for our upcoming auction or to learn more about how you can make a difference, visit: **fshfriends.org**



send us an email: connect@fshfriends.org

or find us on social media: facebook.com/FSHresearch and twitter.com/FSHresearchorg

Terry Colella, President 217 19th Place Kirkland, WA 98033

P: (425) 827-8954 terry@fshfriends.org www.FSHFriends.org



2023 Gala Dinner & Auction January 28, 2023 Hyatt Regency Bellevue



Creating a future where a diagnosis of FSHD is followed by "...we have a treatment."

Advancing Discovery

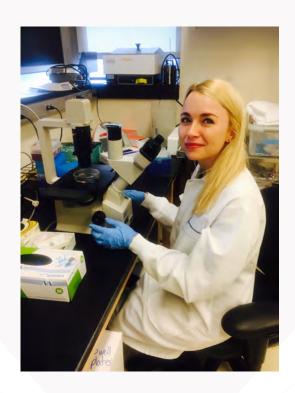
Over \$6.5 million invested in research to accelerate the discovery of a treatment or cure.

All funding comes from our community: friends, neighbors and local businesses. We collaborate with researchers to ensure funding drives science where it's needed most.

Where did your 2020-21 contributions go?
\$116,000 - Fred Hutchison CRC
\$40,000 - University of Washington
\$195,000 - Nationwide Children's - Ohio
\$109,000 - U of Kansas/U of Rochester
\$81,000 - Altay Therapeutics
\$50,000 - University of Utah
\$46,000 - University of Colorado

100% of the funds raised from your donation goes toward research

Acting Globally



Friends of FSH Research-funded group wins \$6.3M NIH grant Researchers confirm DUX4 gene causes FSHD

2010

"The progress thus far has done wonders for my spirits and my soul, and gives me hope to press on until that fantastic day when a cure is finally found" —Jason D.

Transforming Futures





\$170,000 raised for research at 1st annual auction

First research project funded

2005