

## Huntington's Disease

### What is Huntington's Disease?

Huntington's is a progressive disease that can cause dementia. Dementia is a serious brain disease that affects memory, ability to make decisions, daily functioning, as well as mood and behavior. Huntington's disease usually becomes noticeable between the ages of 30 and 40. It can be characterized by the loss of cell populations in the brain. It is caused by a gene inherited from a parent. It runs in families and is passed down from parent to child.

### What are the Symptoms?

- Movement in the arms, legs, head or other parts of the body that you cannot control or stop (most common)
- Loss of memory or thinking skills
- Changes in mood (feeling annoyed, depressed, or anxious)

### How is it Diagnosed?

- Huntington's disease can be diagnosed through neurological, psychological, and genetic testing.
- A neurologist is a doctor who treats disorders affecting the brain, spinal cord, and nerves. They can rule out other conditions.

### Can it be Treated?

Currently, there is no cure for Huntington's disease. Treatment includes managing the symptoms of the disease, which may include medications to help manage mood or anxiety.

Have questions? Ask your doctor or health provider at your next appointment.

Created June 2020. Medically reviewed by Sharon Brangman, MD, FACP, AGSF

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