

About Huntington's disease

What is it?

Huntington's disease (HD) is a hereditary neurodegenerative disorder caused by an expansion in the IT-15, or the Huntington's gene, on chromosome 4.

What are the symptoms?

HD presents a range of physical, emotional and cognitive symptoms. These can appear as involuntary movements, diminished coordination, depression, irritability, memory and attention loss.

Who gets it?

HD primarily affects adults, with symptoms appearing between ages 35-45 years old. There are also cases of juvenile HD, appearing in children, and late-onset HD developing after 60 years of age.

How do we treat it?

Treatment has typically focused on managing symptoms through medication, therapy, and supportive care. Ongoing research is exploring ways to slow, stop, or even prevent the progression of the disease.

How we can help

We provide specialised Huntington's Disease support for individuals, families/whānau, and professionals throughout Northland. We can help with:

- Providing information about Huntington's Disease when your family/Whanau has been newly diagnosed and continues to work alongside you as the condition progresses.
- Help you to understand symptomology and the information of Huntington's Disease and apply it to your individual whanau/family circumstances.
- Help you to understand the health system.
- Identify, access and evaluate services you may need now and in the future.
- Provide education/information to your family/Whanau and health professionals involved in your care.
- Promote efficient, effective care pathways between individuals, their family/whanau and agencies involved in your care.
- Offer opportunities to meet or be in contact with other family/whanau who have a family member with Huntington's Disease.
- Quarterly newsletters are published and are available from our webpage.



Phone

Free phone: 0800 432 825
Cell phone: 027 432 8255



Email Address

huningtonsakld@xtra.co.nz



Website

hdauckland.org

Address

PO box 80031
Green Bay
Auckland 0604