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URL of this page: <https://medlineplus.gov/rettsyndrome.html>

## Rett Syndrome



Rett syndrome is a rare genetic disease that causes developmental and nervous system problems, mostly in girls. It's related to autism spectrum disorder [<https://medlineplus.gov/autismspectrumdisorder.html>] . Babies with Rett syndrome seem to grow and develop normally at first. Between 3 months and 3 years of age, though, they stop developing and even lose some skills. Symptoms include:

- Loss of speech
- Loss of hand movements such as grasping
- Compulsive movements such as hand wringing
- Balance problems
- Breathing problems
- Behavior problems
- Learning problems or intellectual disability [<https://medlineplus.gov/developmentaldisabilities.html>]


Rett syndrome has no cure. You can treat some of the symptoms with medicines, surgery, and physical and speech therapy. Most people with Rett syndrome live into middle age and beyond. They will usually need care throughout their lives.

*NIH: National Institute of Child Health and Human Development*


### Start Here

- Rett Syndrome [<https://www.mayoclinic.org/diseases-conditions/rett-syndrome/symptoms-causes/syc-20377227?p=1>]  
(Mayo Foundation for Medical Education and Research)  
Also in Spanish [<https://www.mayoclinic.org/es/diseases-conditions/rett-syndrome/symptoms-causes/syc-20377227?p=1>]
- Rett Syndrome [<https://www.ninds.nih.gov/health-information/disorders/rett-syndrome>]  
 (National Institute of Neurological Disorders and Stroke)
- Rett Syndrome: Overview [<https://www.nichd.nih.gov/health/topics/rett>]  
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)


### Symptoms

- What Are the Symptoms of Rett Syndrome? [<https://www.nichd.nih.gov/health/topics/rett/conditioninfo/symptoms>]  
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/rett/informacion/sintomas>]


### Diagnosis and Tests

- How Do Health Care Providers Diagnose Rett Syndrome?  
[<https://www.nichd.nih.gov/health/topics/rett/conditioninfo/diagnosed>]  
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/rett/informacion/diagnostica>]



# Treatments and Therapies

- What Are the Treatments for Rett Syndrome? [<https://www.nichd.nih.gov/health/topics/rett/conditioninfo/treatments>]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/rett/informacion/tratamientos>]


## Specifics

- What Are the Types and Phases of Rett Syndrome? [<https://www.nichd.nih.gov/health/topics/rett/conditioninfo/types>]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/rett/informacion/tipos>]

## Genetics

- Rett syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/rett-syndrome>]  (National Library of Medicine)
- What Causes Rett Syndrome? [<https://www.nichd.nih.gov/health/topics/rett/conditioninfo/causes>]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/rett/informacion/causas>]

## Clinical Trials



- ClinicalTrials.gov: Rett Syndrome [<https://clinicaltrials.gov/search?cond=%22Rett+Syndrome%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

## Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Targeting microRNA-dependent control of X chromosome inactivation improves the Rett Syndrome... [<https://www.ncbi.nlm.nih.gov/pubmed/40615387>]
- Article: Clinical and functional outcomes in pediatric patients with Rett syndrome: a... [<https://www.ncbi.nlm.nih.gov/pubmed/40608138>]
- Article: Molecular Insights into Neurological Regression with a Focus on Rett Syndrome-A... [<https://www.ncbi.nlm.nih.gov/pubmed/40508170>]
- Rett Syndrome -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Rett+Syndrome%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

## Find an Expert

- Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/>]   
Also in Spanish [<https://espanol.nichd.nih.gov/>]
- National Institute of Neurological Disorders and Stroke [<https://www.ninds.nih.gov/>] 

## Patient Handouts

- Rett syndrome [<https://medlineplus.gov/ency/article/001536.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001536.htm>]



## MEDICAL ENCYCLOPEDIA

Breath - holding spell [<https://medlineplus.gov/ency/article/000967.htm>]

Rett syndrome [<https://medlineplus.gov/ency/article/001536.htm>]

## Related Health Topics

Autism Spectrum Disorder [<https://medlineplus.gov/autismspectrumdisorder.html>]

Degenerative Nerve Diseases [<https://medlineplus.gov/degenerativenervediseases.html>]

Developmental Disabilities [<https://medlineplus.gov/developmentaldisabilities.html>]

## National Institutes of Health

The primary NIH organization for research on *Rett Syndrome* is the Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/Pages/index.aspx>]

## NIH MedlinePlus Magazine

Rett Syndrome: An Overview of This Rare Genetic Disorder [<https://magazine.medlineplus.gov/article/rett-syndrome-an-overview-of-this-rare-genetic-disorder>]

Weathering a Rare Childhood Disorder [<https://magazine.medlineplus.gov/article/weathering-a-rare-childhood-disorder>]

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