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

## Fragile X Syndrome

Also called: FRAXA, FXS

Fragile X syndrome is the most common form of inherited developmental disability

[<https://medlineplus.gov/developmentaldisabilities.html>] . A problem with a specific gene causes the disease. Normally, the gene makes a protein you need for brain development. But the problem causes a person to make little or none of the protein. This causes the symptoms of Fragile X.

People with only a small change in the gene might not show any signs of Fragile X. People with bigger changes can have severe symptoms. These might include:

- Intelligence problems, ranging from learning disabilities to severe intellectual disabilities
- Social and emotional problems, such as aggression in boys or shyness in girls
- Speech and language problems, especially in boys

A genetic blood test can diagnose Fragile X. There is no cure. You can treat some symptoms with educational, behavioral, or physical therapy, and with medicines. Getting treatment early can help.

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

### Start Here

- About Fragile X Syndrome [<https://www.cdc.gov/fragile-x-syndrome/about/>] (Centers for Disease Control and Prevention)
- About Fragile X Syndrome [<https://www.genome.gov/Genetic-Disorders/Fragile-X-Syndrome>]  
 (National Human Genome Research Institute)
- Fragile X Syndrome [<https://www.nichd.nih.gov/health/topics/fragilex>]  
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)
- Fragile X-Associated Disorders (FXD): A Handbook for Families, Health Care Providers, Counselors, and Educators [[https://fragilex.org/wp-content/uploads/2012/01/Handbook-FXD\\_3rd\\_Edition.pdf](https://fragilex.org/wp-content/uploads/2012/01/Handbook-FXD_3rd_Edition.pdf)] (National Fragile X Foundation) - **PDF**

### Symptoms

- Fragile X 101 [<https://fragilex.org/fx/about/>] (National Fragile X Foundation)
- What Are the Symptoms of Fragile X Syndrome?  
[[https://www.nichd.nih.gov/health/topics/fragilex/conditioninfo/common\\_symptoms](https://www.nichd.nih.gov/health/topics/fragilex/conditioninfo/common_symptoms)]  
 (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/fragilex/informacion/sintomas>]

### Diagnosis and Tests

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

## Treatments and Therapies

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

## Related Issues

- About Fragile X-Associated Primary Ovarian Insufficiency (FXPOI) [<https://www.nichd.nih.gov/health/topics/fxpoi/conditioninfo>]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/fxpoi/informacion>]
- Autism (and Fragile X Syndrome) [<https://fragilex.org/fxs/topics/autism/>] (National Fragile X Foundation)
- Fragile X-Associated Tremor and Ataxia Syndrome (FXTAS) [<https://www.nichd.nih.gov/health/topics/fxtas>]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/fxtas>]
- Other Fragile X Syndrome FAQs [[https://www.nichd.nih.gov/health/topics/fragilex/more\\_information/faqs](https://www.nichd.nih.gov/health/topics/fragilex/more_information/faqs)]  (Eunice Kennedy Shriver National Institute of Child Health and Human Development)  
Also in Spanish [<https://espanol.nichd.nih.gov/salud/temas/fragilex/informacion/preguntas>]

## Genetics

- Fragile X Premutation [<https://fragilex.org/premutation/about/>] (National Fragile X Foundation)
- Fragile X syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/fragile-x-syndrome>]  (National Library of Medicine)

## Clinical Trials

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

## Journal Articles

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

- Article: Electroretinographic Findings in Fragile X, Premutation, and Controls: A Study of... [<https://www.ncbi.nlm.nih.gov/pubmed/40725073>]
- Article: Heart rate defined sustained attention relates to visual attention in autism... [<https://www.ncbi.nlm.nih.gov/pubmed/40659735>]
- Article: Activity of Human-Specific Interlaminar Astrocytes in a Chimeric Mouse Model of... [<https://www.ncbi.nlm.nih.gov/pubmed/40650286>]
- Fragile X Syndrome -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Fragile+X+Syndrome%22%5Bmajr%3Aexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bdat%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/>]

## Women

- Fragile X-Associated Primary Ovarian Insufficiency (FXPOI) [<https://fragilex.org/premutation/fx-conditions/fxpoi/>] (National Fragile X Foundation)

# Patient Handouts

- Fragile X syndrome [<https://medlineplus.gov/ency/article/001668.htm>] (Medical Encyclopedia)  
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001668.htm>]



## MEDICAL ENCYCLOPEDIA

Fragile X syndrome [<https://medlineplus.gov/ency/article/001668.htm>]

## Related Health Topics

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

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

## National Institutes of Health

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

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