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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] (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/commonsymptoms>]  (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]  (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%3Anoexp%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+>]

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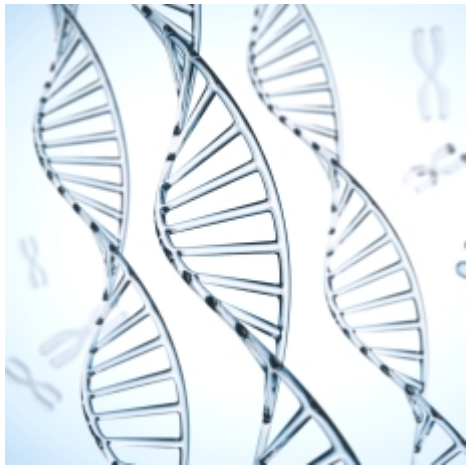
- Eunice Kennedy Shriver National Institute of Child Health and Human Development [<https://www.nichd.nih.gov/>] 
Also in Spanish [<https://espanol.nichd.nih.gov/>]

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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