



# Cape Cod Walk 'n' Roll for FSH Muscular Dystrophy

**With your help, we can "Unlock the Code."**

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Town, State zip

I'm writing you to ask for your help in fighting **Facioscapulohumeral Muscular Dystrophy** by sponsoring the third annual Cape Cod Walk 'n' Roll. **FSHD is the most common form of muscular dystrophy** and yet few people have heard of it. Research of FSHD is underfunded compared with that for less common dystrophies.

**WHY IS FSHD LITTLE-KNOWN?** Most of the publicity on MD has focused on the children affected by this group of genetic disorders. Many people with FSHD have symptoms and go undiagnosed, but growing awareness of the disease and development of a genetic diagnostic test, have greatly raised the reported incidence.

**WHAT IS FSHD?** It is an inherited disease, affecting both genders and all races equally. It typically melts away skeletal muscle from adolescence on, but diagnosis may occur at any age. In rare cases, it can be fatal and a severe form strikes infants. More often, FSHD gradually robs adults of their ability to care for themselves and family, to take a walk, ride a bike, play catch with a child, climb stairs, hold a baby, pick up a milk jug, comb their hair, carry a laundry basket or a grocery bag, and hold a job.

**WHY SHOULD YOU CARE?** Genetic and biochemical research has the possibility of helping not only FSHD patients, but others with muscle wasting, such as the elderly, and those with other neuromuscular disorders.

**WHY SHOULD YOU GIVE?** The FSH Society is a small, efficient, national nonprofit organization dedicated to fostering research and providing information about FSHD to people with this disease. It employs a handful of staff, yet successfully lobbies Congress and the National Institutes of Health for research grants for scientists and funds its own seed grants for new research.

**THE EVENT:** FSHD families and friends have organized the third annual Walk 'n' Roll to be held **Saturday, October 1, 2011**, at the **Harwich Community Center**, and we need your help. Please review the enclosed sponsor form and join with us to support this important cause.

**MORE INFORMATION:** If you would like more information, please visit the FSH Society's website at **[www.fshsociety.org](http://www.fshsociety.org)**. You may also contact event chairman Rich Holmes at **[richwh@comcast.net](mailto:richwh@comcast.net)** or **(774) 722-4237**.

Thank you for your consideration. Together we can "Unlock the Code" and help people with FSHD.

Sincerely,

Your name