

What is FSH?

FSH muscular dystrophy, or FSHD, is a disease that results in progressive deterioration of nearly all skeletal muscle including the **f**ace, **s**houlders and upper arms (**h**umerus).



Like one in four people with FSHD, Jaya requires a wheelchair for basic mobility.



My dream is that one day I will walk like everyone else. I'm sure that day will come because of all the people that are helping and keep saying "Yes, we will make it." - Jaya

Get Involved!

Your contribution will transform the future for people living with FSHD.

To donate an item for our upcoming auction or to learn more about how you can make a difference, visit:

fshfriends.org



In Pursuit of a Cure

Send us an email:

connect@fshfriends.org

or find us on social media:

Instagram: [@fshfriendsorg](https://www.instagram.com/fshfriendsorg)

[facebook.com/FSHresearch](https://www.facebook.com/FSHresearch)

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In Pursuit of a Cure

2026 Gala Dinner & Auction

January 24, 2026
Hyatt Regency Bellevue



Creating a future where
a diagnosis of FSHD
is followed by
“...we have a treatment.”

Advancing Discovery



Over \$8 million invested in research to accelerate the discovery of a treatment or cure.



All funding comes from our community: friends, neighbors and local businesses.



We collaborate with researchers to ensure funding drives science where it's needed most.



Where did your last year's contributions go?

\$239,000 - Fred Hutch Cancer Center
\$73,000 - University of Washington
\$108,000 - Nationwide Children's Ohio
\$95,000 - University of Nevada Reno
\$76,000 - Saint Louis University
\$73,000 - Newcastle University
\$45,000 - University of Colorado
\$20,000 - Spingbok Analytics
\$15,400 - Talus Bioscience

100% of the funds raised from your donations goes to research

Acting Globally



"The progress thus far has done wonders for my spirits and my soul, and gives me hope to press on until that fantastic day when a cure is finally found" —Jason D.

Transforming Futures



\$170,000 raised for research at 1st annual auction

First research project funded

2005

Friends of FSH Research-funded group wins \$6.3M NIH grant

Researchers confirm DUX4 gene causes FSHD

2010

Research Funding Exceeds \$8M

First Clinical Trial

2019

2025