



## SOME FACTS ABOUT ACHONDROPLASIA

- \*There are over 200 different types of dwarfism and achondroplasia (pronounced ay-kon-dro-play-zha) is the most common type. Approximately 1 in 25,000 babies in the UK will be born with achondroplasia
- \*It is a genetic condition in which a person is of very short stature because of restricted growth of bones and cartilage. Some conditions which cause restricted growth affect the whole body equally, but the growth of a person with achondroplasia is 'disproportionate' (i.e. unequal) because growth is most restricted in the long bones of the legs and arms, while the trunk is near to average size. The average height for an adult with achondroplasia is between 1m 12 and 1m 45 (approx. 3'8" to 4'9").
- \*A person born with achondroplasia has normal intelligence, some people wrongly assume that a small body means a small brain, but people with achondroplasia have the same range of intelligence as the general population.
- \*The majority of children born with achondroplasia have no previous family history of the condition, in fact 80% of children are born to average height parents.
- \*Terminology matters: most people with the condition will not have a problem with being referred to as a person who has achondroplasia; a form of dwarfism; short stature or restricted height. The term 'midget' is an offensive term because of its historical association with 'freak shows'.
- \*This children's story has focused on the character's name 'Max', any child with the condition wants to be known most importantly by their first name rather than a label.
- \*For further information visit the the LEARN section on the strong and mighty max website

[www.strongandmightymax.com](http://www.strongandmightymax.com)



Kristina Gray, Author of 'Strong and Mighty Max'

