

# CHAMPIONS FOR HD

OVER 70  
FAMILIES  
SERVED

OVER \$60,000  
RAISED

"But it ain't about how hard you hit. It's about how hard you can get hit and keep moving forward; how much you can take and keep moving forward.

*That's how winning is done!"*  
*Rocky Balboa*

## DONATE/ CONTACT US

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championsforhd.org

## WHAT IS HUNTINGTON'S DISEASE?

Huntington's Disease is said to be like having ALS, Parkinson's, Alzheimer's, and ALS simultaneously. HD is a disorder that, ultimately, leads to the break down and deterioration of brains cells, making cognitive and motor skills difficult, or even impossible to do. For an individual with HD, walking, talking, and eating can all become nearly or entirely impossible. Other symptoms include mood swings, severe anxiety and depression, involuntary movements (chorea), choking, weight loss, inability to problem solve, and memory loss. These symptoms worsen as the HD progresses.

HD is genetic, meaning every child of a parent with HD has a 50/50 chance of carrying the faulty gene. Today, there are approximately 30,000 symptomatic Americans and more than 200,000 at-risk of inheriting the disease.

**Juvenile Huntington's Disease** is a, less common, more aggressive form of Huntington's where symptoms display in children. Symptoms can include cognitive decline, tremors, muscle twitching, stiffness of the leg muscles, clumsiness, slurred speech, and swallowing problems.

*"Fighting to aid families and cure Huntington's Disease, and Juvenile Huntington's Disease, one family and one voice at a time."*



# CHAMPIONS FOR HD

A NONPROFIT FOR  
HUNTINGTON'S & JUVENILE  
HUNTINGTON'S DISEASE

## ABOUT US

### *Our Mission*

Champions for HD fights to aid families and cure Huntington's Disease, and Juvenile HD, one family and one voice at a time. Our mission is to fight HD by contributing funds to local research while aiding HD families in need.

In the HD community, many families struggle with both emotional and financial burdens and stress. The anxiety of trying to pay bills for medical and legal purposes, such as genetic testing, attorneys, counseling, medication, in vitro fertilization, and more, take a huge emotional toll on these families. Many individuals with HD wait an average of 2 years to receive any disability approval or funding as well. There is also currently a 2 year waiting period for Medicare. Our job is to bring awareness of this disease and provide support to families impacted by HD.

## VISIT OUR WEBSITE



# OUR DONATIONS



### LOCAL HD RESEARCH

The Shepard's Gift's mission is to promote ovine GM1 for the treatment of Huntington's Disease (HD) and/or other neurological diseases through education, advocacy, and fundraising.

### GENETIC TESTING

The genetic test allows an individual at-risk to discover whether they too carry the disease or not. Without insurance coverage, testing can cost between \$1,000-\$2,000.

### IN VITRO FERTILIZATION

Many families who have HD decide to take the in vitro route when having children to ensure HD is not passed to their offspring. However, in vitro can cost up to \$30,000.

### MEDICAL/LEGAL BILLS

Assisting HD families struggling to pay bills for funerals, medicine, attorney's, etc.

### RESOURCES & EDUCATION

Creating resources for HD/JHD families, as well as law enforcement, EMTs, and other professionals who encounter situations with HD patients.

### HANDICAP ASSISTANCE

Wheelchairs and walkers donated to individuals who are further progressed and are struggling with mobility.



"Life is tough,  
But baby  
so am I."

## Meet The Founder and President: Shelby Lentz

Shelby grew up in Kalamazoo, Michigan and is a Nashville recording artist. After being the fourth member of her family to be diagnosed with HD, she moved back home to be with her family and began "Champions for HD." Inspired by her love for Rocky Balboa, she wrote a song during her time in Nashville named "Champion," which, in turn, inspired the name of the nonprofit. In 2020 she lost her 14 year old sister, Bre, to Juvenile HD. She has since wrote a children's book in her honor "Brave Breanna" with proceeds going back to Champions for HD.