[DATE]

[NAME]  
[STREET ADDRESS]  
[CITY, STATE 12345]

[Sen./U.S. Rep. NAME]  
[STREET ADDRESS]  
[CITY, STATE 12345]

I am a constituent of [Sen./U.S. Rep. NAME], and I urge the [Senator/U.S. Representative] to support and protect funding for NIH research.

I am a [state your relationship to Fragile X; e.g., parent, sibling, self-advocate, researcher, clinician, professional, etc.] and I am deeply grateful for NIH’s investments in Fragile X research so far. These critical funds have allowed us to make significant strides in understanding Fragile X syndrome and the Fragile X premutation conditions that impact many individuals and families like mine. However, we still have much more to learn, and continued funding is essential for identifying effective treatments for these complex, life-changing conditions.

Federal research dollars from the NIH have been indispensable in advancing our knowledge of Fragile X, a rare genetic condition, and the Fragile X premutation, which has associated conditions similar to Alzheimer’s/dementia and polycystic ovarian syndrome. Thanks to these funds, we have researchers dedicated to Fragile X, advancing our understanding and moving us closer to potential treatments and potentially a cure.

Indirect funding from the NIH is vital to ensure that essential staffing and equipment are available for these important projects. It allows research to move forward at the necessary pace, especially since so many individuals and families are waiting for answers. The NIH is not only a lifeline for researchers but also for communities like ours, who are directly impacted by these conditions.

Please protect NIH research dollars for Fragile X. We are still waiting for effective treatments and a cure, and continued funding is key to making that a reality.

Thank you for your time and attention to this important matter.