

## October is Dwarfism Awareness Month

### ***Did you know?***

- Bodies come in all different shapes and sizes. There are over 200 distinct types of dwarfism. Generally, a person with dwarfism is 4' 10" or under.
- There are many reasons a person might be shorter than average. The most common reason is a skeletal dysplasia, such as achondroplasia. However, sometimes a person is short due to other factors like enzyme processing functions or kidney disease.
- Eighty percent (80%) of people with dwarfism have average-height parents and siblings. Also, people with dwarfism can have average-height children.
- A child with dwarfism is born 1 per 10,000 births.
- It is rare to have any mental cognition issues in conjunction with dwarfism.
- Terminology - in general, preferred terms are short stature, little person, LP, dwarfism and for some people, dwarf. The most preferred terminology is always simply the person's name. For people without dwarfism, the correct terminology is average-height rather than 'normal'.
- Dwarfism Awareness Month is being recognized by Governors and state legislatures across the USA. It is even spreading to other countries too!
- There are an estimated 30,000 people in the US with dwarfism. No other organization in the world provides more resources, support and information for people with dwarfism than Little People of America.
- If you see someone being bothered or bullied, whether they have dwarfism or not, step in and say something, or find someone who can step in and say something. Silence or ignoring the situation does not help anyone and can cause harm.

For more information about Little People of America, dwarfism, or community outreach and education programs in your area contact the LPA office.