DakshamA Health & Education

Your Voices Your Choices

ABOUT NEUROFIBROMATOSIS TYPE 1 (NF1)

- Neurofibromatosis Type 1 (NF1) is a genetic condition that leads to the growth of tumors along nerves throughout the body.
- NF1 affects approximately 1 in 2,500 births, impacting millions of people around the world.
- It is commonly identified by the presence of café-au-lait spots (light brown skin patches) and neurofibromas—benign (non-cancerous) tumors that develop on or under the skin.
- NF1 affects individuals of all races, ethnicities, and genders.
- Around 50% of those with NF1 also experience learning disabilities.
- Some individuals may develop skeletal abnormalities, such as bone softening, bowed legs, or scoliosis (curvature of the spine).
- NF1 is typically diagnosed during childhood, often through visible skin signs.
- Interestingly, about half of all NF1 cases occur in families with no previous history of the condition, due to spontaneous genetic mutations.
- In some cases, tumors may form in the brain, on cranial nerves, or along the spinal cord.
- While most NF1-related tumors are non-cancerous, they can cause complications by pressing on nearby tissues or organs.
- Although there is no cure yet, there is now an FDA-approved treatment for inoperable plexiform neurofibromas, one of the more serious tumor types associated with NF1.

End NF Type 1

For more information about NF1 please visit:
https://www.dakshamahealth.org/nf1.html