



We are Little, but Not Less.



A foundation that provides support to people of short stature and their families

www.lphk.org



Little People of Hong Kong (LPHK)

Our values

People with physical differences caused by rare bone diseases deserve the same rights and opportunities to live a meaningful life and become a valuable member of society.

Our mission

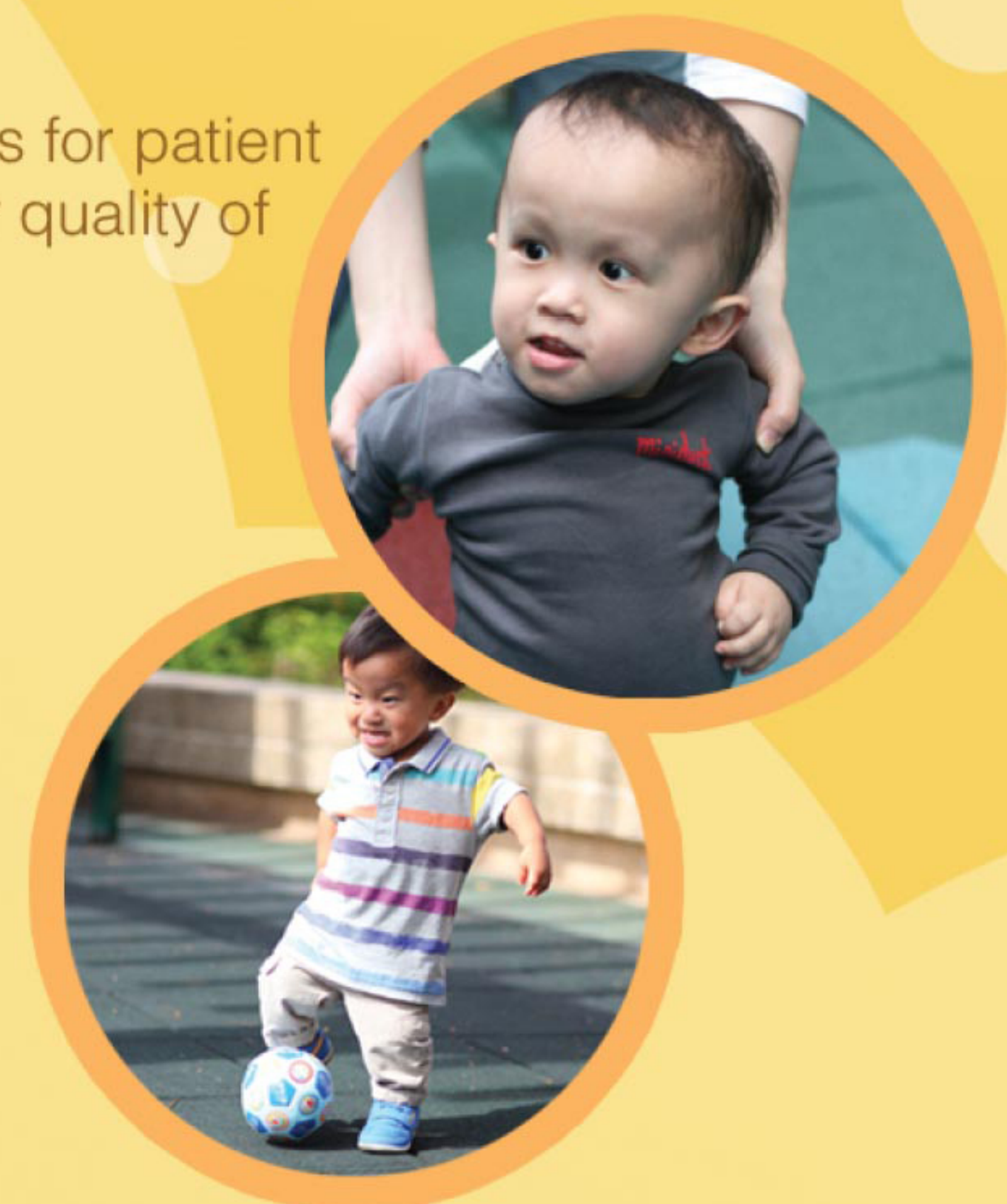
We strive to help rare bone disease patients to live an independent and fulfilling life by overcoming challenges associated with their physical disabilities.

We achieve our mission through:

- Establishing a support group which enhances the physical, psychological and social well-being of patient families;
- Providing useful and timely medical information to patient families;
- Promoting social acceptance of patients by educating the public about rare bone diseases;
- Raising funds to provide services for patient families in order to enhance their quality of life.

Our governance

LPHK is a primarily all-volunteer organisation operated by an Executive Committee supported by an Advisory Board which consists of physicians and professionals.



Our stories

When Madeline was born, the doctors told me she may never walk. She not only walks, but attempts to do somersaults! We have had medical worries - including a 4-month stay in NICU at birth and a surgery to repair her cleft palate. We will have more surgeries in her future, including a spinal surgery, and will always need to monitor her health closely. I have high hopes and expectations for Maddy's future, and I know she can do anything she wants to do - just in a different way to other kids.



*Nicole, mother of Madeline
(3-year-old girl with diastrophic dysplasia)*

Living with dwarfism is not easy - from coping with physical deformities, finding the right school to gaining social acceptance. We take pride in every effort Nathan pays to overcome the challenges associated with his medical condition. With the love and support from medical professionals, teachers, family and friends, we trust that Nathan will grow up as a happy and confident child who will become a valuable member of society.



*Serene, mother of Nathan
(3-year-old boy with achondroplasia)*

Aria's journey will be more difficult than that of others. She will face huge pressure and will find it difficult to do what other people find easy to do.

As a mother, I can only hope that God will give this little girl extra strength against adversity, a cheerfully resilient character, a heart which can move people and the strength to face injustice and discrimination of society. May she always have a strong spirit!



*Carrie, mother of Aria
(1.5-year-old girl with achondroplasia)*

Skeletal Dysplasias (also known as dwarfism)



Types

- Dwarfism is generally defined as an adult height of 4 feet 10 inches or less. Patients are often referred to as "little people".
- There are more than 200 different types of dwarfism and most are known as skeletal dysplasia, which are conditions of abnormal bone growth. These occur in 1-3 of every 10,000 births.
- The most common skeletal dysplasia is achondroplasia, a short-limb dysplasia that occurs in about 1 of every 20,000 babies of all races and ethnicities.
- Other relatively common genetic conditions that result in short stature include diastrophic dysplasia, pseudoachondroplasia, spondyloepiphyseal dysplasia congenital (SEDc) and osteogenesis imperfecta (OI).

Causes

Most types of dwarfism are caused by a spontaneous genetic mutation in the egg or sperm cell prior to conception. What prompts the gene to mutate is not yet understood. The change is random and unpreventable, and can occur in any pregnancy.

Misconceptions

Many wrongly believe that people of short stature have limited intellectual abilities or personality disorders. In fact, most individuals with short stature achieve a full and rich life, and are able to be very productive members of society.

Help and advice

Little People of Hong Kong (LPHK) provides people of short stature and their families with a supportive community. Check out our website at www.lphk.org

SUPPORT US

Getting to know you...

To: Little People of Hong Kong

Email: info@lphk.org

Fax: +852 2817 5624

Address: 2/F, Third Wing, St John's College,
82 Pokfulam Road, Hong Kong

Website: www.lphk.org

Name: _____

Email: _____ Phone: _____

Address: _____

☐ I / my family member suffer(s) from skeletal dysplasia

Tell us if you would like to...

☐ Join the Friends of LPHK Network

☐ Receive regular updates from LPHK

☐ Make donations to LPHK

☐ Monthly donation: HK\$ _____

☐ One-off donation: HK\$ _____

☐ Become a volunteer



Other ways to support our work...

Corporations

- Organise fund-raising activities for us as part of your corporate event
- Provide internships or employment opportunities for Little People
- Promote us on your corporate website

Schools

- Adopt an inclusive policy in your school
- Invite us to give talks to students on topics of acceptance and respect
- Place our donation box and publications at your school
- Organise fund-raising activities for us