

---

# #FunFeet4FOP facts

**Did you know...**

**Your feet can produce up to  
half a pint of sweat - a day!**

**Eurrghh! Gross!**



---

# #FunFeet4FOP facts

Did you know...

The most 'expensive' feet belong to footballer Neymar, who transferred to Paris Saint-Germain for €222M.



---

# #FunFeet4FOP facts

Did you know...

The world's fastest feet belong to Usain Bolt. In 2009 he set a world record, with his top speed recorded at 27.44 mph.



---

# #FunFeet4FOP facts

Did you know...

**Jeison Hernández from Venezuela holds the World Record for the largest feet! His left foot is 40.1 cm long.**



---

# #FunFeet4FOP facts

**Did you know...**

**FOP does not typically affect the intelligence of a person. Many people with FOP have graduated from University.**



---

# #FunFeet4FOP facts

**Did you know...**

**FOP can affect the hearing of patients. Around 30% of people with FOP have some or total hearing loss. This is due to additional bone growth in the ear.**



---

# #FunFeet4FOP facts

**Did you know...**

**Turned in toes, with unusual, unexplained swellings across the body, can be an indicator of FOP.**



---

# #FunFeet4FOP facts

Did you know...

**Fibrodysplasia ossificans  
progressiva, or FOP, affects  
around 1 in a million people,  
making it an ultra-rare  
disease.**





---

# #FunFeet4FOP facts

Did you know...

One of the pairs of Dorothy's  
ruby red slippers sold for a  
staggering **\$2,000,000!**



---

# #FunFeet4FOP facts

Did you know...

**Research** into FOP can also help find answers into more common conditions such as osteoporosis, burns and hip replacement.



---

# #FunFeet4FOP facts

Did you know...

Research into FOP will also help research into heterotopic ossification following military blast injuries, or surgery.



---

# #FunFeet4FOP facts

## Did you know...



**Scoliosis of the spine affects many people with FOP. Unfortunately, because surgery is extremely risky for people with FOP, it is not usually possible to have corrective surgery. This just creates further challenges for people living with FOP.**



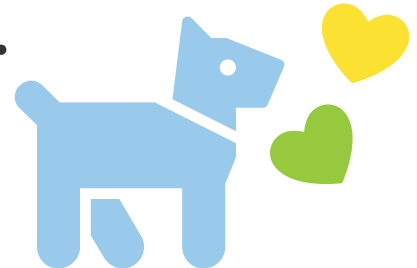
---

# #FunFeet4FOP facts

## Did you know...

Many people with FOP have an assistance dog. They are a source of comfort and friendship for those who are unable to leave the house independently. The assistance dogs can also help the person with FOP with everyday tasks such as fetching, picking up objects, and even just having someone to talk to. The dogs are a

much-loved member of the family.



---

# #FunFeet4FOP facts

Did you know...

About 1/4 of your body's bones are in your feet! There are 26 bones in each foot.



---

# #FunFeet4FOP facts

## Did you know...



FOP causes **unusual** and **painful swellings** across the body. They can appear after an impact or fall, or for **no reason at all**. The flare can last for a few days or much longer. Once the flare has subsided, it may have left **new bone growth** which cannot be removed. Where that occurs over a joint, the sufferer will **lose movement** in their body. **Forever.**

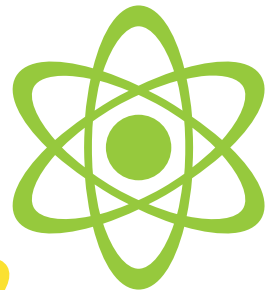
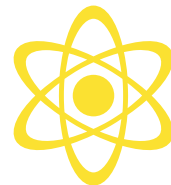
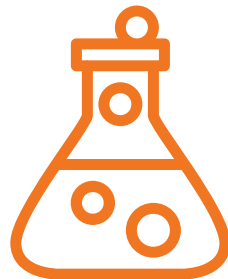


---

# #FunFeet4FOP facts

**Did you know...**

**We have hope!** There are three clinical trials underway, with one of the companies preparing to apply for FDA approval. There is also another trial due to start very soon.





---

# #FunFeet4FOP facts

Did you know...



Research into FOP is just the tip of the iceberg.

Research into **rare diseases** helps scientists understand more

common conditions such

as **cancer** and **heart disease**.



---

# #FunFeet4FOP facts

Did you know...

Some children living with FOP will **never** get the chance to **ride a bike** or **play football** due to their restrictions or because the risk of injury and **FOP fall-out** is simply **too great.**



---

# #FunFeet4FOP facts

Did you know...

Flu is a huge risk to people with FOP. It can cause complications in the lungs, breathing difficulties and

even death.

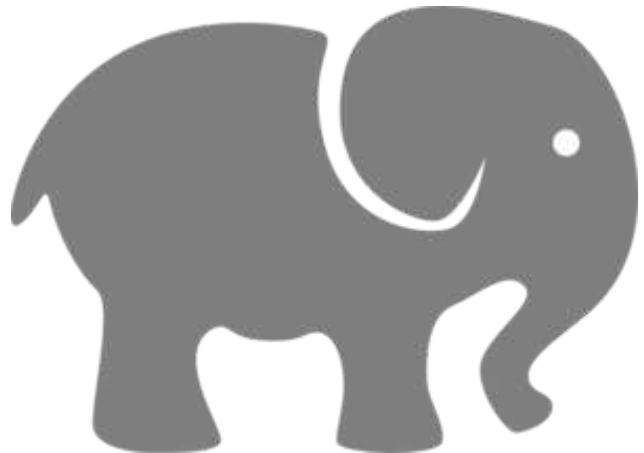


---

# #FunFeet4FOP facts

Did you know...

A pair of stiletto shoes will do more damage to your floor than an elephant!



---

# #FunFeet4FOP facts

Did you know...

There are around 70 people diagnosed with FOP in the UK, and around 900 in the world.

#WeAreRare



---

# #FunFeet4FOP facts

Did you know...

FOP is caused by a **mutation** in the **ACVR1** gene which usually occurs at conception, with neither parent carrying the gene. However, the chances of a person with FOP

passing it on to their child is **50%**.



---

# #FunFeet4FOP facts

Did you know...

People with FOP need to take **extra special care** with their teeth, as **invasive dental procedures** can cause their **jaw to lock** irreparably, causing speech and eating difficulties.



---

# #FunFeet4FOP facts

Did you know...

Many people with FOP also struggle with mental well-being as they come to terms with living with a life-limiting condition. It also affects their family and

friends.





---

# #FunFeet4FOP facts

Did you know...

FOP Friends supports the excellent research team at the University of Oxford. Without our funding, they would not be able to continue their work to find a



treatment for FOP.

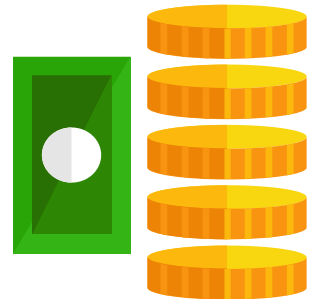


---

# #FunFeet4FOP facts

Did you know...

When you donate to FOP Friends, 96% goes directly to supporting the quest to find a treatment and a cure for FOP.



---

# #FunFeet4FOP facts

**Did you know...**

**FOP Friends does more than just fund raise. We raise awareness, support families, advocate for them, speak to medical and educational professionals on their**

**behalf and so much more...**



---

# #FunFeet4FOP facts

Did you know...

**#FunFeet4FOP was started in 2016 to coincide with the 10th anniversary of the discovery of ACRV1, the gene responsible for FOP.**

