

This is us when we were young. And this is you. Loving father, doctor, artist, sailor... a real-life superhero who could do anything and make it look easy. But every superhero has their kryptonite.

This is a happy memory from those early days, before you started to become someone we didn't recognize. It took us almost 20 years to understand that it wasn't your fault, Dad.

At a young age, frontotemporal degeneration took everything from you, and took you from us. We're all grown up now, and we're fighting for a cure for FTD, this cruel disease that steals away so many, far too soon.

We love you, Dad. This **#FTDhotshotchallenge** is for you.

Paul, Michael, Amanda, & Matthew

Find out more about young dementia, read stories from our community, and take your shot: visit **theaftd.org/hotshot**



The Association for Frontotemporal Degeneration FIND HELP·SHARE HOPE

AFTD encourages participants in the #FTDhotshotchallenge to avoid taking actions that could risk your health, and we aren't responsible for any injury that could occur to you based on participation. Use a hot sauce that you're familiar and comfortable with, in a reasonable quantity. If hot sauce isn't part of your diet or if you aren't certain of your reaction, use ketchup or an alternative that's safe for you. What's most important is getting involved in our work to end young dementia.