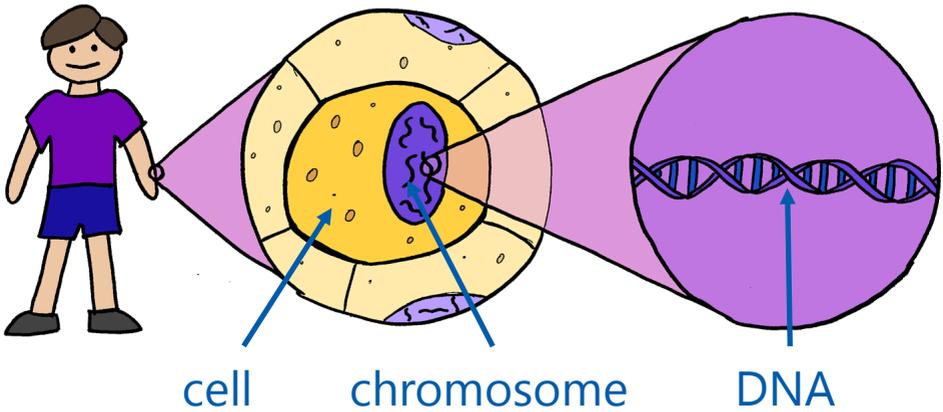


My Chromosome Story

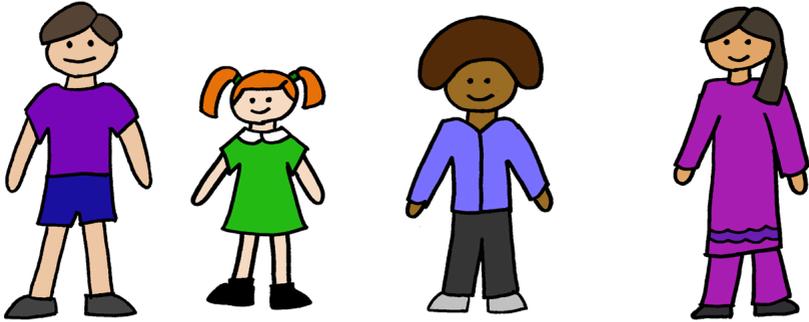
A picture book for chromosome
10q11.22q11.23 deletions
and microdeletions



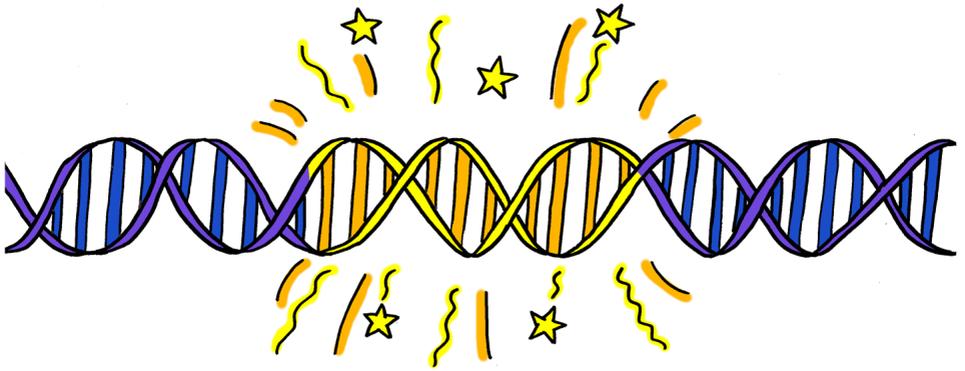
Your body is built from tiny building blocks called **cells**.

Almost all of your cells contain **DNA**, which is full of instructions on how to make you.

The instructions are quite long and complicated and so they are split into different parts called **chromosomes**. It might help to imagine the instructions are like a big book, and each chromosome is a different chapter.

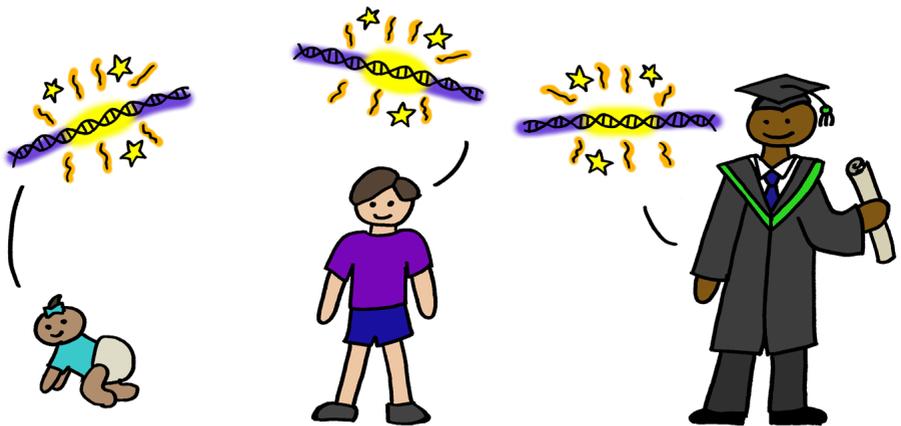


DNA helps to determine how tall you are, what colour hair you have, and lots and lots of other things about you. But DNA doesn't determine everything. Things that happen in your life make a difference as well, like if you live in a sunny place you might get darker skin, or if you do lots of art you might become more creative.



Everyone's DNA is different: some people have extra bits, some people have missing bits and some people have bits that have moved to a different place on a chromosome.

Inside **your DNA** there is a bit missing, one little piece of DNA has been lost so you have one less copy than most people. It is in the tenth chapter of your 'instruction book': **chromosome ten**. Your missing piece of DNA is called a **deletion or microdeletion**. Micro means a very little piece, and deletion means a copy is missing.



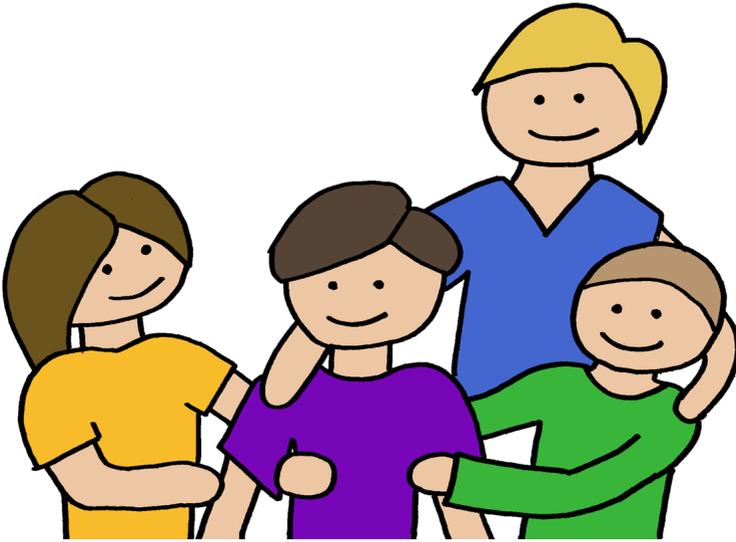
Other people also have the missing bit of chromosome ten like you. Just like people without this missing piece of DNA, you are all very different from each other. Lots of people don't even know they have a piece of chromosome 10 missing.

Some people with the missing bit of DNA find some things harder to do than people who are not missing this piece of DNA, but this is different for each person.



Some people with this missing piece of chromosome ten take a bit longer to learn how to talk when they are little. Some children need a bit more help at school to understand things properly. Some children have to try a bit harder to make friends with other children and some children worry a lot.

It is good to know about your missing bit of DNA, because now if you find some things difficult to do, your family and teachers will be able to help you even more than before.



Remember that we are all different in different ways, and we all need help sometimes. It's good that you are exactly the way you are, because your family loves you very much just for being you.

Inform Network Support



Understanding Chromosome & Gene Disorders

Rare Chromosome Disorder Support Group

The Stables, Station Road West, Oxted, Surrey RH8 9EE, United Kingdom

Tel: +44(0)1883 723356

info@rarechromo.org | www.rarechromo.org

Join UniqUe for family links, information and support.

UniqUe is a charity without government funding, existing entirely on donations and grants. If you can, please make a donation via our website at <http://www.rarechromo.org/donate> Please help us to help you!

Families should consult a medically qualified clinician in all matters relating to genetic diagnosis, management and health.

This guide was compiled by *UniqUe* using a guide written by Dr. Seonaid Beaumont, Psychiatry Doctor, Sheffield, UK. The original work is licensed under a Creative Commons Attribution-ShareAlike 4.0 International License.



2020 Version 1 (AP)