



unique

UNDERSTANDING GENES
& CHROMOSOMES

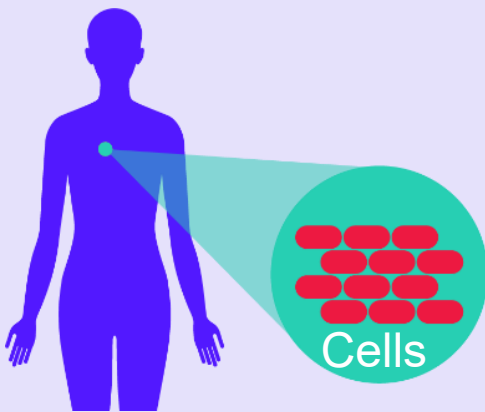
Easy read guide

21q22.13 deletions

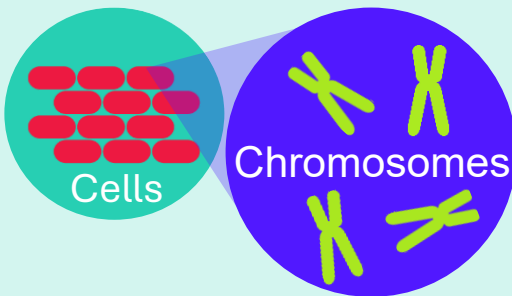
rarechromo.org



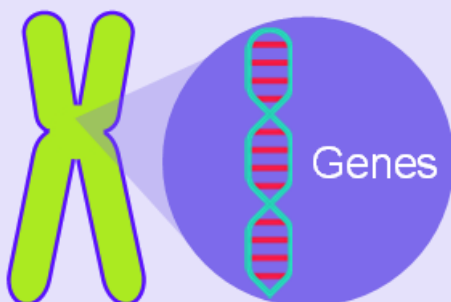
Before we learn about 21q22.13 deletions, first let us learn a little bit about our bodies.



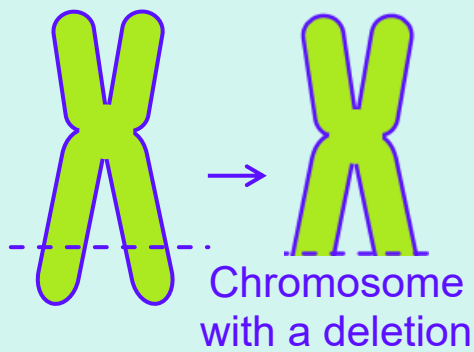
Our bodies are built from millions of tiny building blocks called cells.



Our cells contain chromosomes.



Inside our chromosomes are genes. Genes tell our bodies how to grow and work.

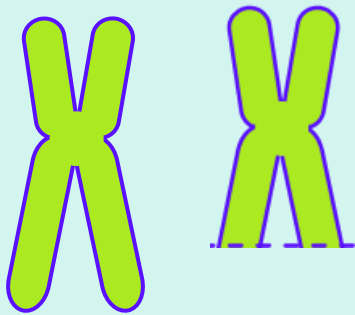


A 21q22.13 deletion means a small piece of a chromosome, called chromosome 21, is missing.

A microdeletion is the same as a deletion but much smaller.

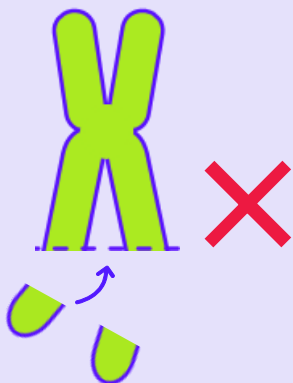


When a piece of chromosome is missing, some genes are lost, and this can affect how our bodies grow and work.



Chromosomes come in pairs.

Even if one chromosome has a small part missing, the other matching chromosome still has all its genes.



If a piece of chromosome 21 is missing, it cannot be replaced.

DYRK1A syndrome

Some people with a 21q22.13 deletion have DYRK1A syndrome. This happens when the deleted piece of chromosome includes the DYRK1A gene.



Some people with a 21q22.13 deletion find some things harder to do than other people with a 21q22.13 deletion.



Some people find it difficult to learn how to read.



Some people find it difficult to learn how to speak.



Some people need help to understand things.



Some people have eye problems or can't see very well without glasses.



Some people might also need to visit a doctor, dentist or therapist a bit more often than other people.



People with a 21q22.13 deletion can have different challenges and different strengths.



Why do I have 21q22.13 deletion?

A 21q22.13 deletion often happens by chance. Most people are the first person in their family to have it.



Some people have a deletion because their mum or dad have it.



If you have a child, they could have a 21q22.13 deletion too.



How do I know I have a 21q22.13 deletion?

You can only find out if you have a 21q22.13 deletion by having a genetic test.



It is good to know about your deletion so you can get extra help if you need it.



If you would like to know more about your deletion, you can talk to your doctor or a genetics specialist.



You can contact a 21q22.13 deletion support group.



You can contact or [join](#) a charity, like Unique.



**To find out more about Unique,
you can call us on the phone.**

+44(0)1883 723356



You can email us.

help@rarechromo.org



You can go to our website.

<https://rarechromo.org/>



You can send a letter to our office.

The Stables, Station Road West,
Oxted, Surrey, RH8 9EE, UK.



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