



**unique**

UNDERSTANDING GENES  
& CHROMOSOMES

# Easy read guide

## 22q11 deletions

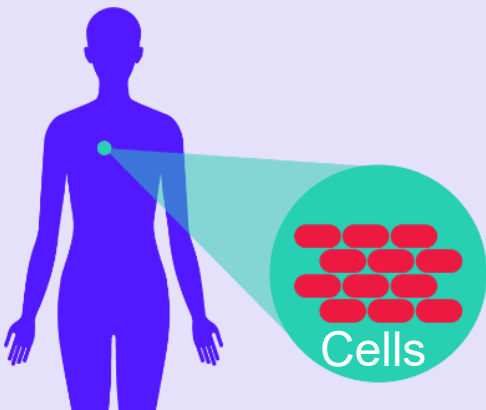
(DiGeorge syndrome /

Velocardiofacial syndrome)

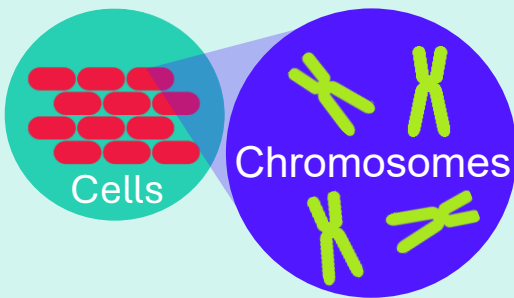
[rarechromo.org](http://rarechromo.org)



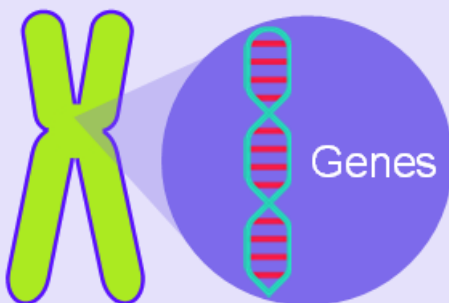
Before we learn about 22q11 deletions, first let us learn a little bit about our bodies.



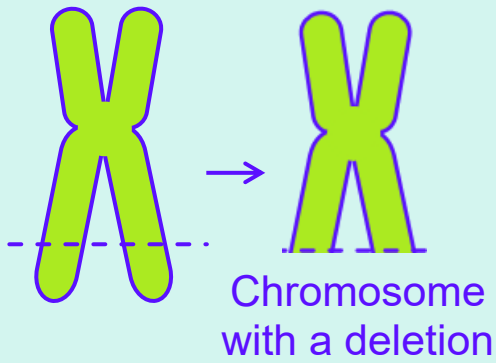
Our bodies are built from millions of tiny building blocks called cells.



Our cells contain chromosomes.



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

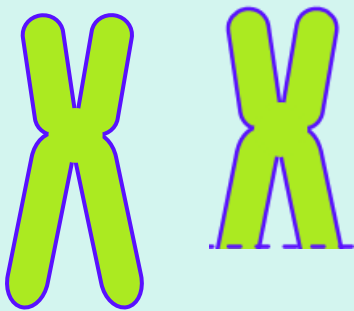


A 22q11 deletion means a small piece of a chromosome, called chromosome 22, is missing.

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

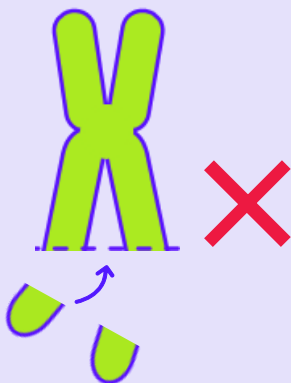


When a piece of chromosome is missing, some genes are lost, and this can affect how our bodies grow and work.



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 22 is missing, it cannot be replaced.



People with a 22q11 deletion are all different from each other.



Some people with a 22q11 deletion find some things harder to do than other people with a 22q11 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 can feel a bit sad or worry a lot.

There is help for people who are sad and worry a lot.



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



People with a 22q11 deletion can have different challenges and different strengths.



## Why do I have a 22q11 deletion?

A 22q11 deletion often happens by chance. Most people are the first person in their family to have it.



Some people have a 22q11 deletion because their mum or dad have it.



If you have a child, they could have a 22q11 deletion too.



## How do I know I have a 22q11 deletion?

You can only find out if you have a 22q11 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 22q11 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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This guide was written by Unique, with images from Photosymbols.

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