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UNDERSTANDING GENES
& CHROMOSOMES

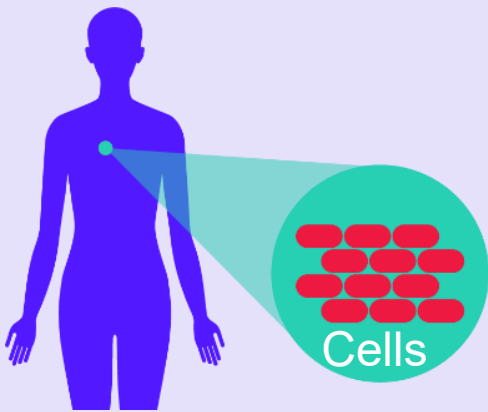
Easy read guide

2p16.3 deletions

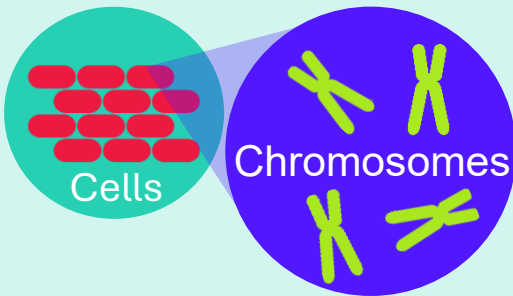
rarechromo.org



Before we learn about 2p16.3 deletions first let us learn a little bit about our bodies.



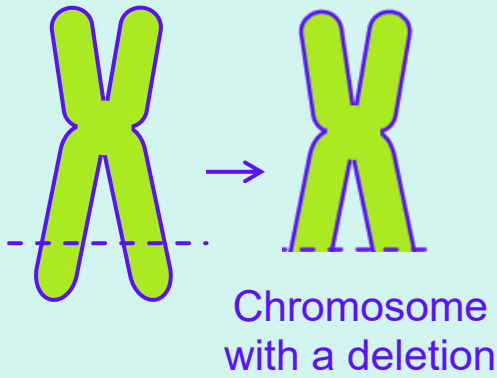
Our bodies are built from millions of tiny building blocks called cells.



Our cells contain chromosomes.



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

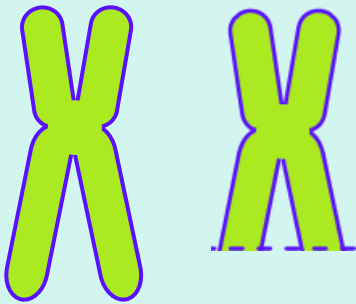


A 2p16.3 deletion means a small piece of a chromosome, called chromosome 2, is missing.

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

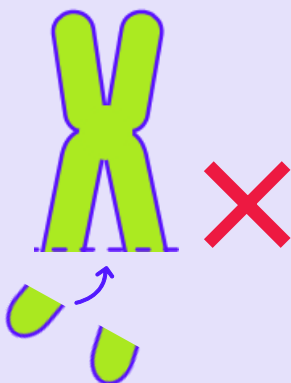


When a piece of chromosome is missing, some genes are lost, and this can affect how our bodies grow and work.



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 2 is missing, it cannot be replaced.



People with a 2p16.3 deletion are all different from each other.



Some people with a 2p16.3 deletion find some things harder to do than other people with a 2p16.3 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 feel a bit sad or worry a lot.

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



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



People with a 2p16.3 deletion can have different challenges and different strengths.



Why do I have a 2p16.3 deletion?

A 2p16.3 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 2p16.3 deletion too.



How do I know I have a 2p16.3 deletion?

You can only find out if you have a 2p16.3 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 2p16.3 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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