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UNDERSTANDING GENES & CHROMOSOMES

Easy read guide

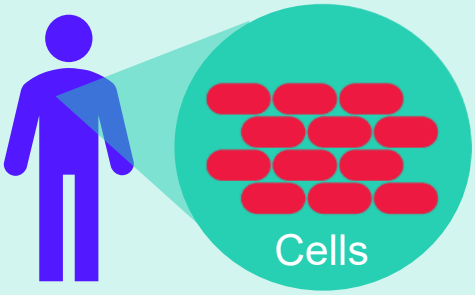
2q31.1 deletions

rarechromo.org

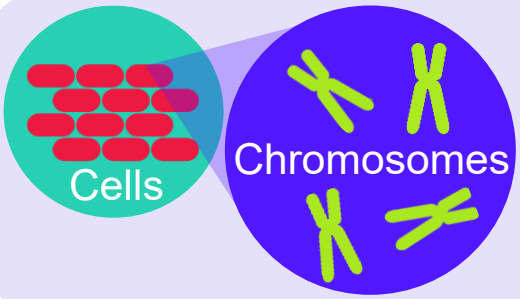
2q31.1 deletions

This is an easy read guide about a type of chromosome change, called a 2q31.1 deletion.

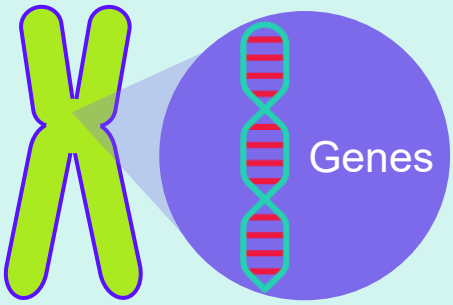
Before we learn about 2q31.1 deletions first let us learn a little bit about chromosomes and our bodies.



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



Inside our cells are chromosomes.



Inside our chromosomes are genes.

Genes tell our bodies how to grow and work.

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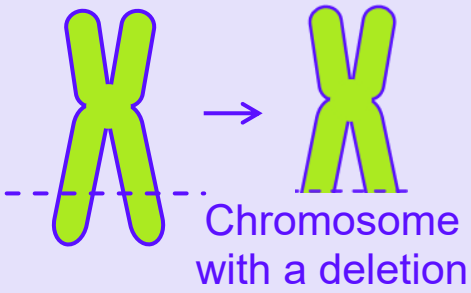
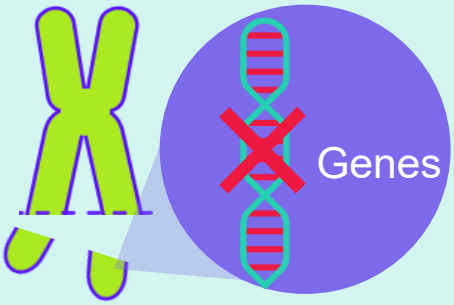
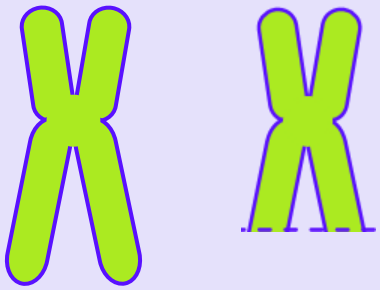
What is a 2q31.1 deletion?



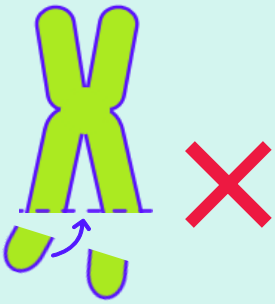
A 2q31.1 deletion means there is a small missing piece of a chromosome, called chromosome 2.



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.

You can only find out if you have a 2q31.1 deletion by having a genetic test.

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How can a 2q31.1 deletion affect my learning?

You might only experience some of these challenges or none of them at all!

You might find learning a bit harder than other people.

You might take a little longer to learn new skills.

You might need extra time to understand information.

You might need things explained in a clear and simple way.

You might have difficulties with memory, attention or problem-solving.

How can a 2q31.1 deletion affect how I talk and communicate?

You might only experience some of these challenges or none of them at all!

You might have started talking later than other children when you were younger.

You might find it hard to say words clearly.

You might find it difficult to explain what you are thinking or feeling.

You might use different ways to help you communicate.

You might see a speech and language therapist. They can help with talking, understanding words or communicating.

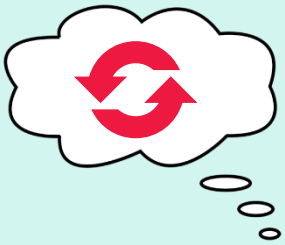
How can a 2q31.1 deletion affect my feelings and behaviour?

You might only experience some of these challenges or none of them at all!

You might be sensitive to noise, light, clothing or certain food textures.

You might prefer routines and feel upset when things change.

You might find it hard to sit still or concentrate for a long time. This is sometimes called ADHD.

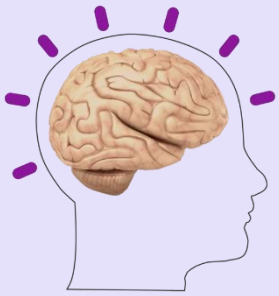


You may have thoughts or routines that you like to do over and over again.

A psychologist or mental health professional can also help you manage strong feelings or thoughts.

How can a 2q31.1 deletion affect my body and health?

You might only experience some of these challenges or none of them at all!



You might have seizures. This means your brain might act differently for a short time and your body might shake.

You might have some problems with your stomach and find it difficult to go to the toilet.

Some parts of your body may be extra stretchy and bendy. This is called hypermobility.

You may have differences in the way your spine looks.

You may have differences in the way the roof of your mouth and teeth look and you may need extra help looking after your teeth.

You might need to wear glasses and have appointments to check your eyes.

You may gain weight easily and have a strong appetite.

You might see doctors regularly to check your health.

You might see a physiotherapist. They can help make your muscles stronger and show you stretches if you have pain or tight muscles.

You might see an occupational therapist. They can help you learn new skills to do more things on your own.

You might see a dietician. They can help you make healthy food choices and to stay active.

What will my future be like?

With the right support, many adults with a 2q31.1 deletion live happy and healthy lives.

Many adults with a 2q31.1 deletion develop their own strengths, skills and interests.

Adults with a 2q31.1 deletion can live by themselves, sometimes with a little support, live with family or in supported housing.

Some adults with a 2q31.1 deletion work in jobs if they are able to. Adults can have extra support in jobs if they need it.

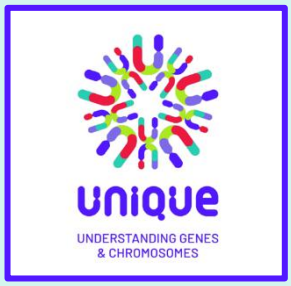
Some adults with a 2q31.1 deletion choose to volunteer and help out in their communities if they are able to.

It is good to know about your 2q31.1 deletion so you can get extra support if you need it.

If you would like to know more about your 2q31.1 deletion, you can talk to your doctor.

Or you can talk to a genetics specialist. They are doctors who know a lot about genes and chromosomes.

You can contact a support group.



You can contact a charity, like Unique.

Unique has other easy read guides that you might find helpful. You can find these on our website.

How can I contact 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.

Click here to become a member

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Visit our website or click the button on the left to join. We can connect you with other adults with learning difficulties.

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