Unique

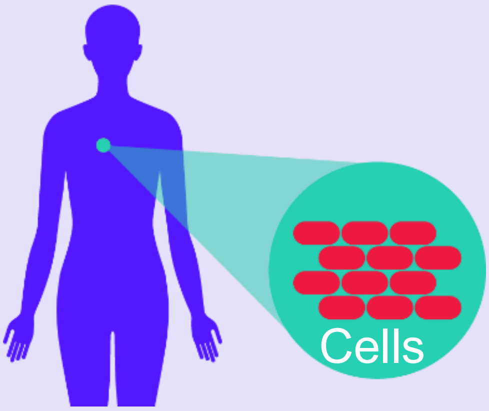
UNDERSTANDING GENES
& CHROMOSOMES

Easy read guide

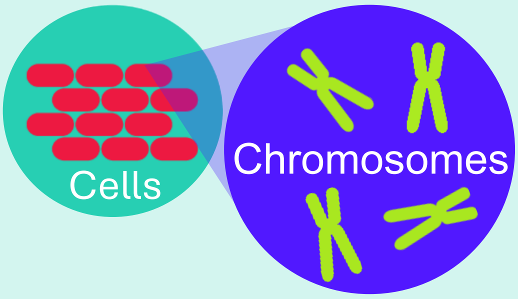
Chromosome deletions and microdeletions

rarechromo.org

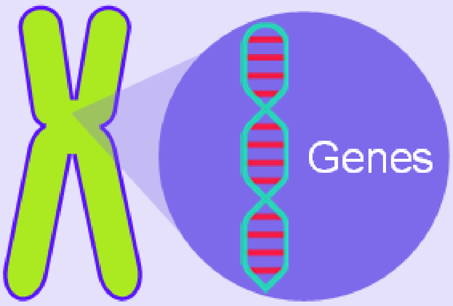
Before we learn about chromosome deletions and microdeletions, first let us learn a little bit about our bodies.



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

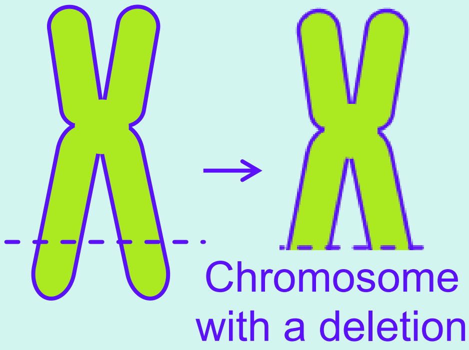


Our cells contain chromosomes.



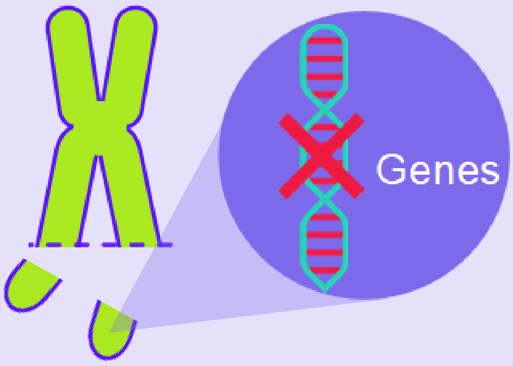
Inside our chromosomes are genes.

Genes tell our bodies how to grow and work.

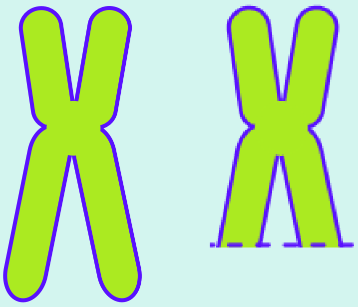


A deletion means a small piece of a chromosome is missing.

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

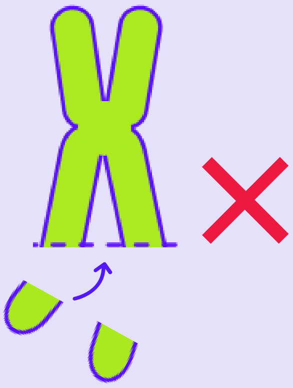


When a piece of chromosome is missing, some genes are lost, and this can affect how our bodies grow and work.



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 is missing, it cannot be replaced.

People with a chromosome deletion are all different from each other.

Some people with a chromosome deletion find some things harder to do than other people with a chromosome 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 chromosome deletion can have different challenges and different strengths.

Why do I have a chromosome deletion?

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

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

If you have a child, they could have a chromosome deletion too.

How do I know I have a chromosome deletion?

You can only find out if you have a chromosome deletion by having a genetic test.

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

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

You can contact a support group.

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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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We are very grateful to P F Charitable Trust for very kindly funding the research, writing and publication of this guide.

This guide was written by Unique, with images from Photosymbols.

Thank you to Leni Lennard who assisted with reformatting this guide.

Version 1 [AP] 2023, Version 2 [NM] 2026

Rare Chromosome Disorder Support Group
Registered in England and Wales

Charity Number 1110661
Company Number 5460413