



unique

UNDERSTANDING GENES
& CHROMOSOMES

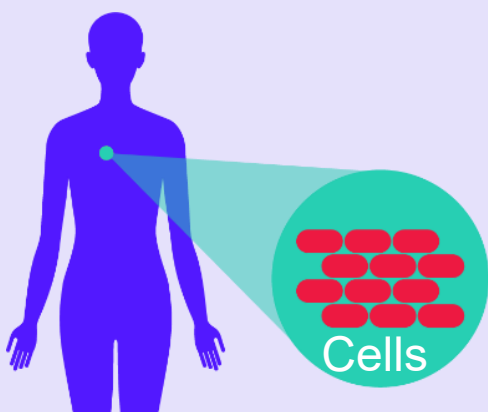
Easy read guide

Gene variants

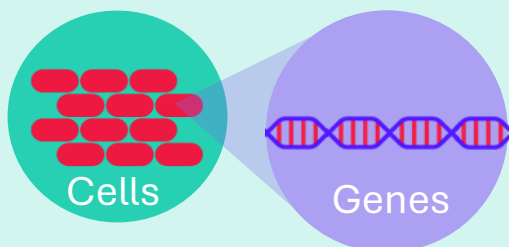
rarechromo.org



Before we learn about gene variants, first let us learn a little bit about our bodies.

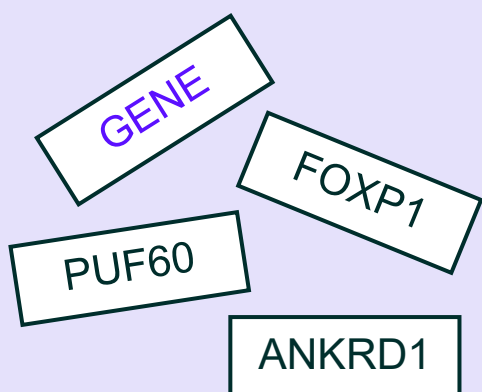


Our bodies are built from millions of tiny building blocks called cells.

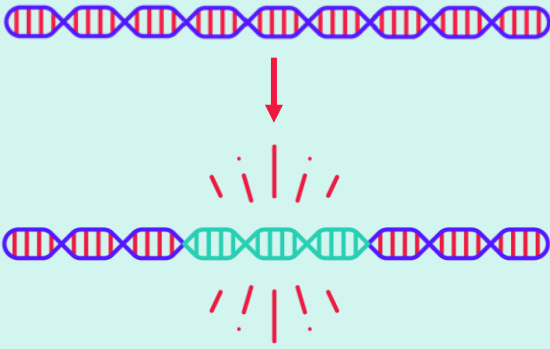


Our cells contain genes.

Genes are the instructions that tell our bodies how to grow and work.



We all have thousands of genes. Each gene has its own special name and function.



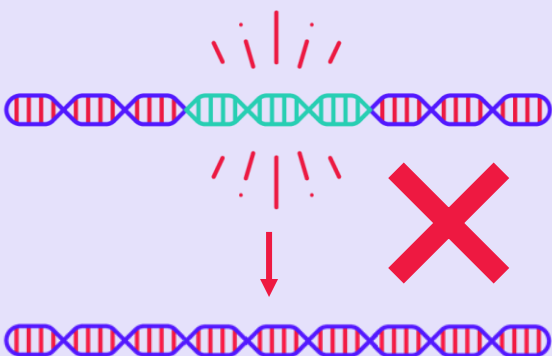
Sometimes we have a change in a gene.

Gene variant

A gene change is sometimes called a gene variant.



The change can affect how the gene works.



The change in the gene cannot be removed or replaced.



People with a gene variant are all different from each other.



Some people with a gene variant find some things harder to do than other people with a gene variant.



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 genetic condition can have different challenges and different strengths.



Why do I have a gene variant?

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



Some people have a gene variant because their mum or dad have it.



If you have a child, they could have a gene variant too.



How do I know I have a gene variant?

You can only find out if you have a gene variant by having a genetic test.



It is good to know that you have a gene variant so you can get extra help if you need it.



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



You can contact a 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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