



unique

UNDERSTANDING GENES
& CHROMOSOMES

Easy read guide

Isochromosome 18p

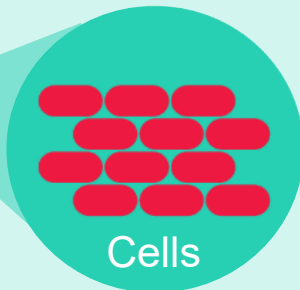
rarechromo.org

Isochromosome 18p

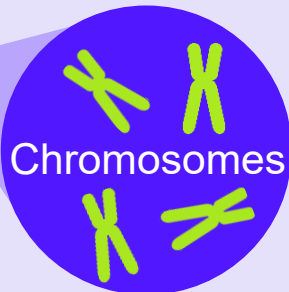
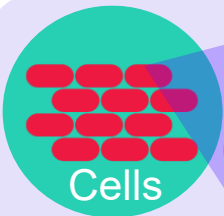
This is an easy read guide about a type of chromosome change, called an isochromosome 18p.



Before we learn about isochromosome 18p 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.



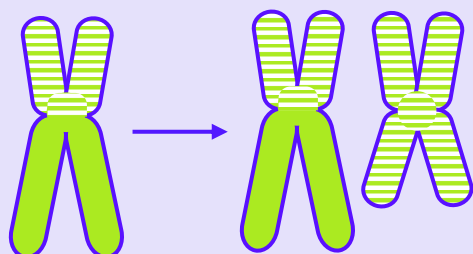
Inside our chromosomes are genes.



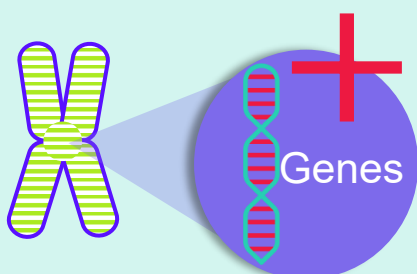
Genes tell our bodies how to grow and work.



What is an isochromosome 18p?



An isochromosome 18p is a small extra chromosome that is made from a part of chromosome 18.



When there is a small extra chromosome, some genes have an extra copy, and this can affect how our bodies grow and work.



Chromosomes usually come in pairs, but an isochromosome means there is an extra small chromosome as well as the usual chromosome pair.



If there is an extra small chromosome 18, it cannot be removed.



You can only find out if you have an isochromosome 18p by having a genetic test.



How can an isochromosome 18p affect my learning?

You might only experience some of these challenges.



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 an isochromosome 18p affect how I talk and communicate?

You might only experience some of these challenges.



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 an isochromosome 18p affect my feelings and behaviour?

You might only experience some of these challenges.



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



You might feel anxious or very sad more often. Strong feelings can sometimes be hard to manage.



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



A psychologist or mental health professional can help you practice ways to stay calm when you feel anxious or overwhelmed.

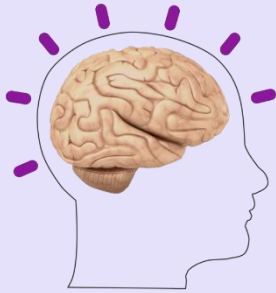


A psychologist or mental health professional can also help you manage strong feelings or thoughts.



How can an isochromosome 18p affect my body and health?

You might only experience some of these challenges.



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



You might have a smaller head than other people your age.



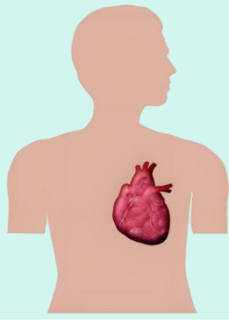
Some of your muscles may not be very strong or might be very stiff.



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



You might have hearing difficulties, and you might need some help so you can hear better.



You may have minor differences in your heart that doctors can check.



You may have differences in the way your spine looks.



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 an isochromosome 18p live happy and healthy lives.



Many adults with an isochromosome 18p develop their own strengths, skills and interests.



Adults with an isochromosome 18p can live by themselves, sometimes with a little support, live with family or in supported housing.



Some adults with an isochromosome 18p work in jobs if they are able to. Adults can have extra support in jobs if they need it.



Some adults with an isochromosome 18p choose to volunteer and help out in their communities if they are able to.



It is good to know about your isochromosome 18p so you can get extra support if you need it.



If you would like to know more about your isochromosome 18p, 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 an isochromosome 18p 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](https://isochrom.org).



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.

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