



**unique**

UNDERSTANDING GENES  
& CHROMOSOMES

## Easy read guide

# Trisomy 8 mosaicism

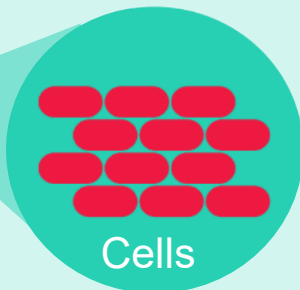
[rarechromo.org](http://rarechromo.org)

## Trisomy 8 mosaicism

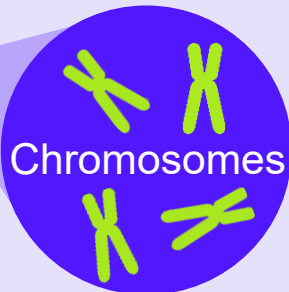
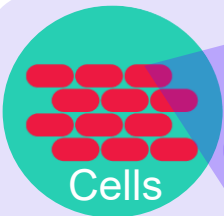
This is an easy read guide about a type of chromosome change, called trisomy 8 mosaicism.



Before we learn about trisomy 8 mosaicism, 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.



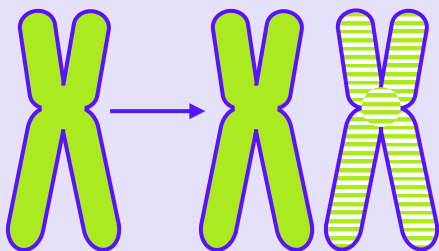
Inside our chromosomes are genes.



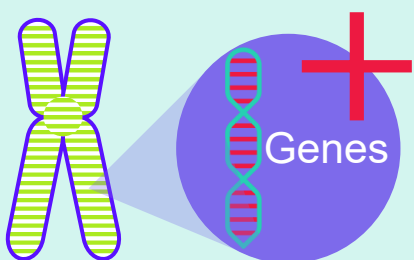
Genes tell our bodies how to grow and work.



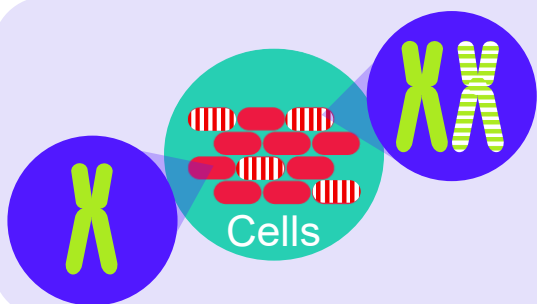
## What is trisomy 8 mosaicism?



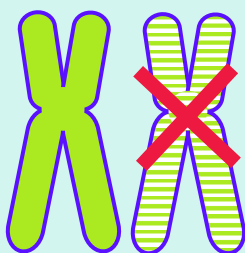
Trisomy 8 mosaicism is where we have an extra copy of one of our chromosomes, called chromosome 8.



When there is an extra chromosome, there are extra copies of the genes within that chromosome, and this can affect how our bodies grow and work.



Mosaicism means that some of the body's cells have an extra chromosome, but other cells do not.



If there is an extra chromosome 8 in some of our cells, they cannot be removed.



You can only find out if you have trisomy 8 mosaicism by having a genetic test.



## How can trisomy 8 mosaicism 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 trisomy 8 mosaicism 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.

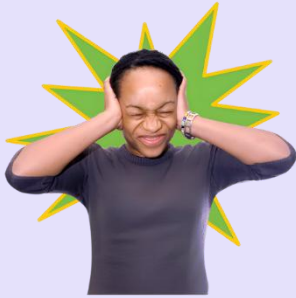


You might see a speech and language therapist. They can help with talking, understanding words or communicating.



## How can trisomy 8 mosaicism 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 get very angry or upset and show your feelings strongly, for example by shouting, crying or becoming frustrated.



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





## How can trisomy 8 mosaicism affect my body and health?

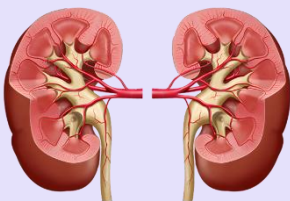
You might only experience some of these challenges or none of them at all!



You might have some joint stiffness, when parts of the body feel tight and are harder to move.



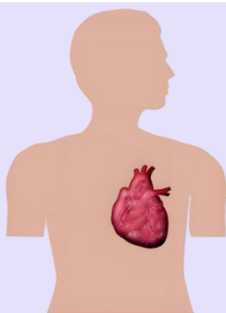
You may have differences in the way your spine looks.



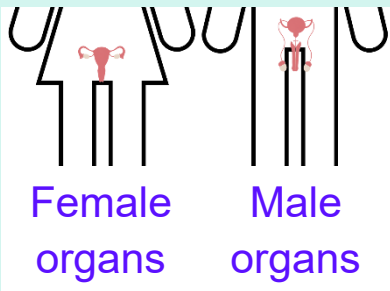
You might have some kidney problems. Regular kidney check-ups are important throughout your life.



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



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



Puberty may happen later than usual, and you may not develop all the usual body changes that happen during puberty. Some women may stop having periods at a younger age than usual.



As you get older, you may find it harder to move around. You might walk more slowly, get tired more quickly, or need extra support to get around safely.



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 trisomy 8 mosaicism live happy and healthy lives.



Many adults with trisomy 8 mosaicism develop their own strengths, skills and interests.



Adults with trisomy 8 mosaicism can live by themselves, sometimes with a little support, live with family or in supported housing.



Some adults with trisomy 8 mosaicism work in jobs if they are able to. Adults can have extra support in jobs if they need it.



Some adults with trisomy 8 mosaicism choose to volunteer and help out in their communities if they are able to.



It is good to know about your trisomy 8 mosaicism so you can get extra support if you need it.



If you would like to know more about your trisomy 8 mosaicism, 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 trisomy 8 mosaicism 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://trichrom.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.**

**Click here to  
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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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