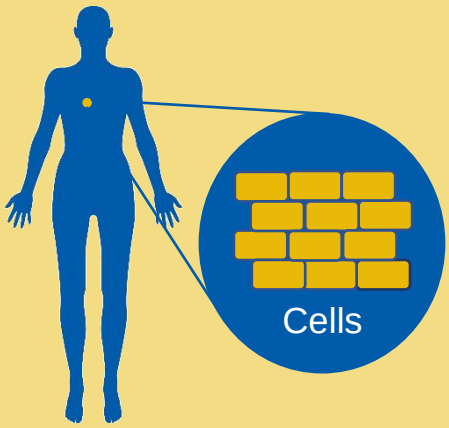
Easy read guide for people with a 16p13.11 microduplication

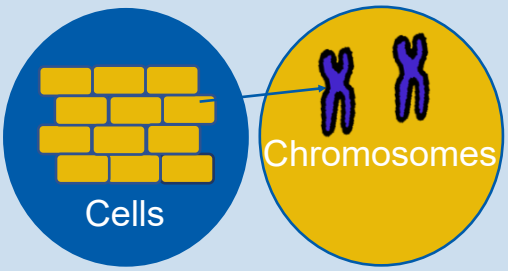
This leaflet is for people with a

16p13.11 microduplication

Before we learn about 16p13.11 microduplications, first let us learn a little bit about our bodies.



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

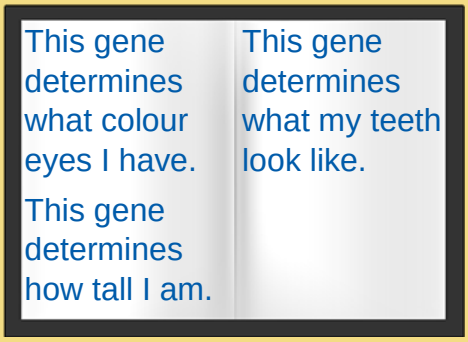


Our cells contain chromosomes.

Chromosomes are full of instructions that tell our bodies how to work.

These instructions are called genes.

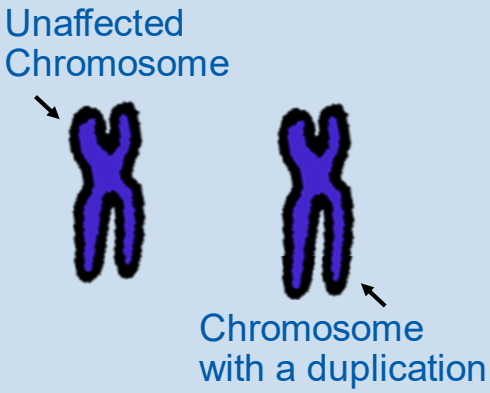
It might help to imagine that each chromosome is like a chapter in a book.



And that each gene is like a different sentence in the book.

Our genes help to determine lots of things about us, like how tall we are.

And what colour hair we have.



When we have a duplication, it means we have a small extra piece of chromosome.

Micro = very small

A microduplication is the same as a duplication but much smaller.

We all have two copies of most chromosomes.

So, if we have a duplication, we usually have a second copy of the chromosome that has not changed.

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Some people with a chromosome duplication have a genetic condition.

What is a genetic condition?

A genetic condition is something that can happen when a chromosome has a change to it.

If you have a genetic condition, it means that your health or development are affected.

16p13.11 microduplications

People with a 16p13.11 microduplication have a genetic condition.

Just like people who don't have a duplication, people with a 16p13.11 microduplication are all different from each other.

Some people with a 16p13.11 microduplication find some things harder to do than other people with the deletion.

Some people find it difficult to learn how to read.

Some people find it difficult to learn how to speak.

Some people need a bit more help to understand things.

Some people find it difficult to make friends.

Some people feel a bit sad or worry a lot.

People with a 16p13.11 microduplication might also have other difficulties and strengths.

Why do I have a 16p13.11 microduplication?

Some people have a duplication because their mum or dad have it.

Some people are the first person in their family to have it.

If you had a child, they could have the same duplication too.

How do I know I have a 16p13.11 microduplication?

You can only find out by having a genetic test.

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

We all need help sometimes!

Can the duplication be removed?

No, this is not possible, a duplication cannot be removed.

Knowing you have a duplication is important because it might help doctors and other professionals to find ways to help you.

If you would like to know more about your 16p13.11 microduplication, you can talk to someone who knows about genetics or a charity like Unique.

Inform Network Support

Rare Chromosome Disorder Support Group
Address : The Stables,
Station Rd West,
Oxted,
Surrey.
RH8 9EE.
UK.
Telephone : +44(0)1883 723356
Email : info@rarechromo.org
Website : www.rarechromo.org

Join Unique to meet other families and get information and support.

Unique is a charity without government funding, existing entirely on donations and grants. If you can please make a donation via our website at: www.rarechromo.org/donate Please help us to help you!

This guide was written by Unique with images from Photosymbols.

Version 1 (CA)