



unique

UNDERSTANDING GENES
& CHROMOSOMES

HIST1H1E syndrome

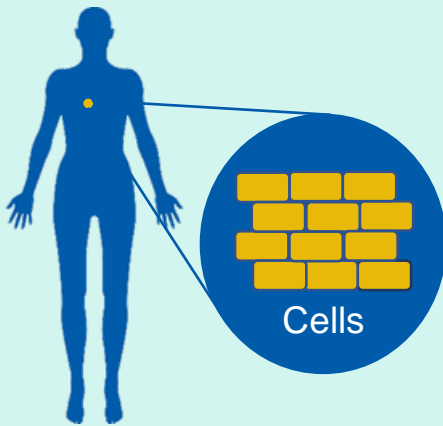
(Rahman syndrome)

Easy read guide

This guide is for people with HIST1H1E syndrome.



Before we learn about HIST1H1E syndrome, 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.

HIST1H1E

FOXP1

PUF60

ANKRD11

We all have thousands of genes.

Each gene has its own special name and function.



Sometimes we have a change in a gene.

The change can affect how the gene works.

HIST1H1E

A change to a gene called HIST1H1E causes HIST1H1E syndrome.

This gene is also known as H1-4.



What is HIST1H1E syndrome?

HIST1H1E syndrome is a genetic condition.



People with HIST1H1E syndrome live all over the world and they all have a change in the HIST1H1E gene.



Some people with HIST1H1E syndrome find some things harder to do than other people with this syndrome.



Some people find it difficult to learn how to read.



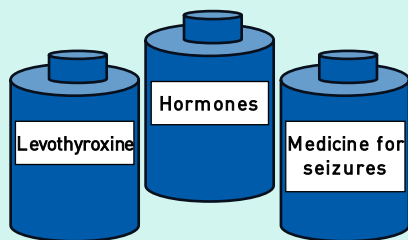
Some people find it difficult to learn how to speak.



Some people need help to understand things.



Some people worry a lot.
There is help for people
who worry a lot.



If you have HIST1H1E
syndrome you might need
to take medication for
some symptoms.



You might also need to
visit a doctor, dentist or
therapist a bit more often
than other people.



People with HIST1H1E
syndrome can have
different challenges and
different strengths.



Why do I have
HIST1H1E syndrome?
HIST1H1E syndrome
happens by chance.



We all have gene changes.
We only have a genetic
condition when important
genes are changed.



If you had a child, they
could have HIST1H1E
syndrome too.



How do I know I have
HIST1H1E syndrome?
You can only find out by
having a genetic test.



It is good to know that you have HIST1H1E syndrome so you can get extra help if you need it.

We all need help sometimes!



Can the gene change be removed?

The gene change cannot be removed or replaced.



Knowing you have HIST1H1E syndrome is important because it might help doctors and other professionals to find ways to help you.



If you would like to know more about HIST1H1E syndrome, you can talk to someone who knows about genetics, a HIST1H1E syndrome support group or a charity like Unique.

Inform Network Support



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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!

Websites that you might find helpful:

<https://www.learningdisabilities.org.uk/>

<https://www.turning-point.co.uk>

<https://www.unitedresponse.org.uk>

HIST1H1E specific websites, Facebook groups and other links

HIST1H1E syndrome websites: hist1h1esyndrome.com & hist1h1e.org

Parker's Cure: www.parkerscure.org

HIST1H1E Syndrome Group (Facebook):

www.facebook.com/groups/1431031767017712/

Parents Support Group (Facebook):

www.facebook.com/groups/1567929546683906/

This guide was written by Unique with images from Photosymbols.

Version 1 (AP)

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Charity Number 1110661
Company Number 5460413