

Down's Syndrome and Health Information



Easy Read Booklet

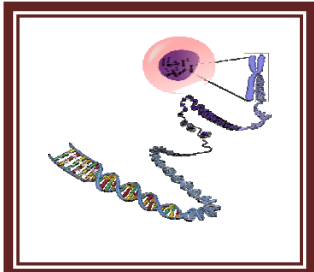
What is Down's Syndrome?



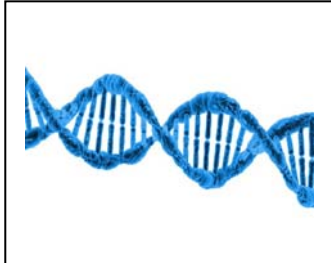
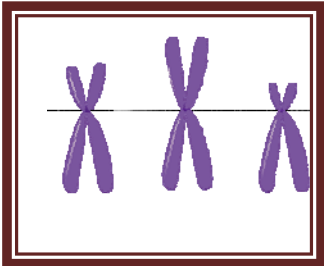
$$23 + 23 = 46$$

We have 46 chromosomes
23 from mum and
23 from dad

People with Down's Syndrome
have an extra copy of
chromosome 21



Your body is made up of billions
of cells, which are too small to
see without a strong microscope



Inside these cells are
chromosomes, which are strands
that hold **genes**.

Genes determine physical traits,
such as the colour of your **eyes**.



It is a lifelong condition.



How do you know if someone has Down's Syndrome?



Down's Syndrome is usually diagnosed after birth.



It can also be diagnosed during pregnancy.

People with Down's Syndrome may have some or all of these physical features:



Small and underweight.



Muscles can be weak which can make them floppy.



Nose small and flat bridge.



Broad hands with short fingers.
Palm may have only one line
across it.



A small mouth.
Some teeth can be missing or
can have too many teeth.
More likely to breathe through
their mouth.



Eyes that slant upwards and
outwards.

Health Care Needs

Having Down's Syndrome means that you may have a bigger chance of getting some health problems with your:



Ears (Hearing): full of hard wax.

Ear canal maybe narrow.

Yearly hearing tests are recommended.



Eyes:

May need to wear glasses.

Yearly eye test is recommended.



Mouth (usually small):

Regular dental checks are recommended.



For your Thyroid:

More likely to have thyroid problems and may need to have yearly blood tests.

Health Care Needs



Epilepsy: more likely when very young and later adulthood.

Keep a record of any seizure activity and speak to your doctor.



Your neck can be easily damaged (Atlanto-axial instability).

A spine x-ray is recommended if you want to take part in any contact sports.



Lungs- you are more likely to have chest infections if you are overweight.



Heart- can have problems from birth.

Health Care Needs



Mental Health- you may have behavioural and emotional problems like depression or anxiety.



Alzheimer's Disease and Dementia- you are more likely to develop these at a younger age.



Skin- can be dry.



Weight- you are more likely to be overweight.

Keeping Healthy

Lifestyle, diet, exercise and the environment, all affect on a person's health and well-being.



Eat a healthy diet, drink water.



Try and keep a healthy weight.



Check with your doctor that it is okay to do exercise.



Exercise if the doctor says it is okay.