



Down Syndrome Facts ~

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- Down syndrome, or Trisomy 21, is a genetic condition caused by an extra copy (or third copy) of the 21st chromosome.
- Down syndrome is a condition, not a disease.
- Individuals with Down syndrome have an increased chance of certain medical issues which include heart defects (roughly 50%), intestinal issues, thyroid conditions, hearing and/or vision impairments, leukemia and Alzheimer's. They also tend to have a weaker immune system which can result in complications and hospitalizations from the common cold.
- Individuals with Down syndrome have mild to moderate cognitive and developmental disabilities. Saying that they are "mentally retarded" is no longer practiced, in fact using the word "retarded" is hurtful.
- Many adults with Down syndrome hold jobs and live independently. Some marry and go to college.
- People First Language is preferred; an individual with Down syndrome is a person first that happens to have Down syndrome. Therefore we say "a child with Down syndrome" instead of "a Down syndrome child". It is also preferred to not use the term "Down's child".

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World Down Syndrome Day
March 21st

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More Alike Than Different



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