



OCTOBER IS DOWN SYNDROME AWARENESS MONTH



Down Syndrome Awareness Month is a time to honor and raise awareness about the abilities and achievements of individuals with Down syndrome.

What is Down Syndrome? Down syndrome is a genetic condition where a person has an extra copy of chromosome 21. This extra chromosome affects physical and cognitive development, but individuals with Down syndrome lead fulfilling, active lives.

Raising awareness fosters inclusion, acceptance, and understanding while challenging misconceptions and showcasing the unique contributions of individuals with Down syndrome. Here are some facts about Down syndrome:



1. Down syndrome is named for Dr. John Langdon Down, who wrote the most prominent paper describing the disorder in the 1860s. The name Down syndrome was not standardized until 1975.
2. Down syndrome is far and away the most common condition involving chromosomes, occurring approximately in one out of every 775 births.
3. The most common type of Down syndrome is trisomy 21, which means an extra copy of the 21st It is not hereditary. The other two types are translocation and mosaicism, which account for around 5% of cases.
4. While incidences of Down syndrome correlate with the mother's age, around 80% of Down syndrome babies are born to mothers under the age of 35.
5. Nothing a parent does or does not do is known to cause Down syndrome during pregnancy – it occurs randomly.
6. Down syndrome occurs regularly in both sexes and across socioeconomic classes.
7. With the great strides made in understanding this disorder, individuals with Down syndrome are living long, happy lives. The life expectancy for these individuals has increased from 25 years in 1980 to over 60 years today.
8. While individuals with Down syndrome experience cognitive delays, they are often mild to moderate. Most people with Down syndrome lead fulfilling and productive lives.
9. Down syndrome is still a little-understood disorder. While researchers are aware of what this condition is, we know little about what causes it or how symptoms develop. There is hope that future research can lead mitigation of some symptoms.

For more information about Down syndrome or the Eastern PA Down Syndrome Center visit www.epdsc.net.

