

World Down's Syndrome Day



World Down's Syndrome Day (WSD) is observed each year on the 21st of March. It is a global awareness day observed by the United Nations to raise public awareness of the congenital disorder, which is caused by having an additional chromosome.

The significance of World Down's Syndrome Day

Promotes awareness:

WSD helps educate the public about Down's Syndrome and how to encourage those with the condition to participate in daily activities so they can live a full life and play a vital role in their community.

Empowers people with Down's Syndrome:

The day highlights the positive impact people with Down's Syndrome make in their communities and gives them the recognition they deserve.

The theme of the year 2023 is 'With Us Not For Us', which is inspired by the UN Convention on the Rights of Persons with Disabilities, focusing on the right of persons with disabilities to be treated fairly and have the same opportunities as everyone else.



Down's Syndrome Overview

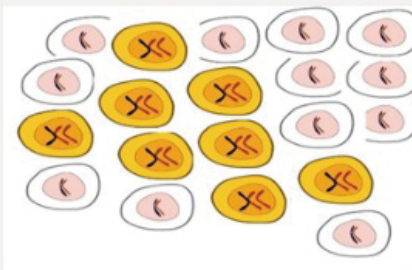
Down's Syndrome is a genetic condition where an individual is born with an extra copy of chromosome 21. This extra genetic material causes developmental changes and physical features of birth defects.

People with Down's Syndrome have distinct physical features and they become more apparent as the baby grows. These features are:

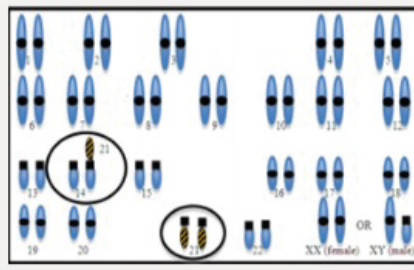
a flattened face, a flat nose, and a short neck, and they are shorter than average height. Generally, people with Down's Syndrome have an IQ below the moderately-low range and speak slower than other children.

Types of Down's Syndrome

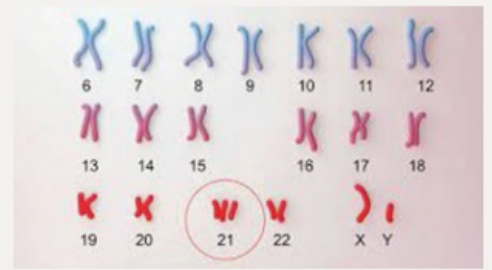
There are three types of Down's Syndrome:



Mosaic Down's Syndrome. It is the least common form of Down's Syndrome, where only some cells have an extra chromosome 21.



Translocation Down's Syndrome. This type accounts for about 3% of cases. In this type, each cell has part of an extra chromosome 21, or an entirely extra one. But it's attached to another chromosome instead of being on its own.



Trisomy 21. This is by far the most common type, where every cell in the body has three copies of chromosome 21 instead of two.

Risk factors

- Research is ongoing to learn more about the risk factors. Studies suggest that these risk factors are: Advancing maternal age: chances of having a child with Down's Syndrome increases with age.
- Having had a child with Down's Syndrome
- If you have a brother or sister who has Down's Syndrome.



Diagnoses Of Down's Syndrome

After a positive screening, diagnostic tests are usually performed by Nuchal Ultrasound between 11-14 weeks of gestational age. If confirmed, the below test diagnosis should be performed:

- Percutaneous umbilical blood sampling (PUBS)—examines blood from the umbilical cord.
- Amniocentesis—examines the amniotic fluid.
- Chorionic villus sampling (CVS)—examines material from the placenta.



Management

Down's Syndrome is a lifelong condition and there is no standard treatment for Down's Syndrome. Enhancing the quality of life and supportive care can help people with Down's Syndrome get an education, and build relationships. In addition, regular check-ups with health professionals to monitor the mental condition and to provide timely intervention when needed.

Message to Take

Down's Syndrome is not curable! But early treatment programmes can help improve skills. These programmes include speech, physical, occupational, and/or educational therapy.

People with Down's Syndrome have the right to be accepted and included as valued and equal members of the community.

Finally, with support and treatment, many people with Down Syndrome live happy, productive lives.