

Additional information can be found at:

www.triplexsyndromesupport.co.uk

www.rarechromo.org

www.genetic.org

www.nhs.uk/conditions/genetic-and-genomic-testing/

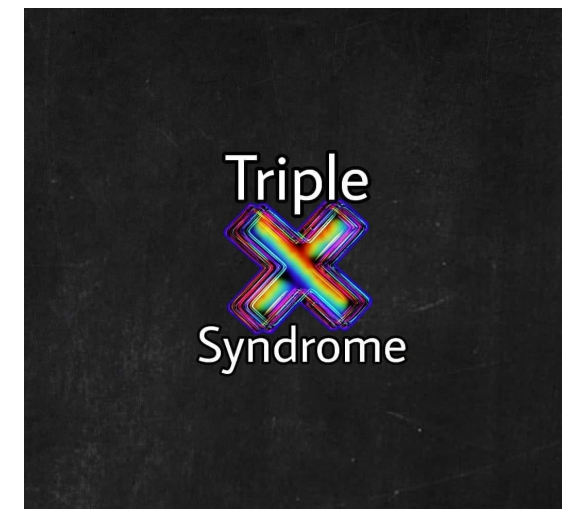


This leaflet was written by Rosie Van Moppes founder of Triple X Syndrome Support, UK in collaboration with Dr Kate Attfield, Cardiff Metropolitan University, and with advice from Mr. Yap Tet, Medical Director, St. Thomas's Hospital, London.

This leaflet reflects the views of members of our support group.

Triple X Syndrome information leaflet

For the general public



What is Triple X Syndrome

The purpose of this leaflet is to provide information about this largely unknown condition, to raise awareness among patients, their carers, families and the general public.

What is Triple X Syndrome?

Also known as Trisomy X and 47,XXX, this is a non-hereditary disorder and means women with Triple X have an extra X chromosome instead of the expected two that most women have.

How is it diagnosed?

Testing can be done either prenatally or postnatally through genome testing.

What is the importance of public awareness?

Having Triple X can make certain life experiences more difficult.

People with Triple X look the same as everyone else which can make their disabilities hidden, so people don't understand that you have difficulties.

It can be difficult to tell professionals what your difficulties are because most people have never heard of Triple X.

What are the main aspects?

Social life quality can vary from person to person. The most common traits and experiences are:

- ◇ Child to adulthood developmental delays such as speech and motor skills.
- ◇ Being tall.
- ◇ Low muscle tone.
- ◇ Specific learning differences such as dyslexia (difficulty with reading, writing and organisation, information processing), dyspraxia (affecting motor co-ordination), dyscalculia (difficulty understanding numbers).
- ◇ Neurodiverse behaviours such as attention deficit hyperactivity disorder (ADHD) and /or Autistic Spectrum Disorder (ASD).
- ◇ Reproductive health issues such as early menopause.
- ◇ Varying forms of developmental language disorder
- ◇ An increased risk of developing poor mental health and having emotionally unstable characteristics, for example anxiety, depression and psychotic disorders.
- ◇ Concentration and physical tiredness.

Support options:

You can contact us:

- ◇ The Triple X Syndrome Support group for adults with a diagnosis.
<https://bit.ly/3x12fMC>
- ◇ Or for more information on our website: triplexsyndromesupport.co.uk

You can ask for help in accessing;

- ◇ Getting a diagnosis and seeing a genetic counsellor.
- ◇ Education plans focused on learning needs in academic settings.
- ◇ Speech and language therapy.
- ◇ Occupational therapy.
- ◇ Talking therapies such as counselling, cognitive behavioral therapy or speaking to a psychologist.
- ◇ Some medications can help in treating mental health conditions.
- ◇ Referral to a reproductive health expert.