



World Down Syndrome Day 2025 Causes, Symptoms, and importance of showing kindness

Description

Every year on 21st March we observe World Down Syndrome Day to raise awareness and promote the rights and inclusion of the people affected by Down syndrome. The first recorded description of Down syndrome was made by John Langdon Down, a British physician, in 1866.

Down syndrome is a genetic condition caused when an unusual cell division results in an extra full or partial copy of chromosome 21. The date, 21/3, symbolizes the uniqueness of the triplication (trisomy) of the 21st chromosome, which causes Down syndrome. Because of this, the development of the brain and body is affected.

The theme of World Down Syndrome Day 2025 is "Improve Our Support Systems". The theme calls for the development of stronger community support, family and caregiver support, inclusive education systems, advocacy for inclusion in the workplace, and enhanced access to healthcare for individuals with Down syndrome.

The majority of Down syndrome cases happen sporadically (randomly). Down syndrome causes physical, cognitive, and behavioral symptoms. Not all people with Down syndrome have all of these symptoms. Symptoms and their severity are different from person to person. Symptoms, including a flat nose bridge, slanted eyes, short neck, small features, weak muscles, and a single palm crease, may indicate Down syndrome. As the child grows, additional symptoms can arise because of the way that their body develops in the uterus.

A girl Lily D Moore, age 17 says about the misconception about Down syndrome "People with Down's syndrome can't do things that 'typical people' can do. It may take us a little longer to learn some things, but we can do it all. We have jobs (I act and model), play sports, play instruments, live independently, go to college, and so much more. I believe it is my destiny to win an Oscar one day, so even though I get rejected a lot (and I mean a lot) it does not stop me from following my dream."



Photo courtesy: Nathan Anderson

The estimated incidence of Down syndrome is between 1 in 1,000 to 1 in 1,100 live births worldwide. Each year, approximately 3,000 to 5,000 children are born with this chromosome disorder.

There are almost 40000 people born with Down syndrome in India. It is estimated that around 8 million people are living with Down syndrome globally.

The likelihood of having a baby with Down syndrome increases with maternal age. The risk of Down syndrome increases with age, from 1 in 1250 pregnancies at the age of 25 to 1 in 100 by the age of 40.

Several movies explore themes and stories related to Down syndrome, some of them are

â??The Peanut Butter Falconâ??, â??Any Day Nowâ??, â??The Eighth Dayâ??, and many more.

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Photo courtesy: Nathan Anderson

In conclusion, Down syndrome is a chromosomal disorder by which millions of people have been affected worldwide. Yet by spreading awareness, acceptance, and support, to the people who are affected with Down syndrome, we can give them meaningful and fulfilling lives. They can do everything an ordinary person can do with our minor help, love, care, and support. So next time when you meet with a person who is affected by Down syndrome treat them with kindness.

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