

# I understand my difference

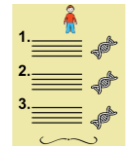
## The doctor explains

## why things are sometimes difficult for you.

In your body, there are many cells.



In each cell  
there is a recipe for making you.



You met a doctor.



The doctor took some blood from you.



The doctor found a difference in the **MYT1L gene**.



This difference happened  
when you were made.



We can't tell this difference on your face.



Some other people also have this difference.

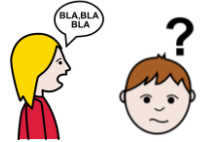


## This difference can make things difficult for you.

○ You may find it hard to articulate.



○ You may find it hard to understand the things other people say to you.



○ Other people may find it hard to understand you.



○ You may find it hard to walk.



○ You may be afraid of being high up.



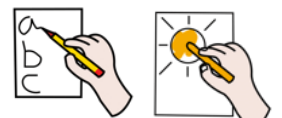
○ You may be afraid to sit on things that move.



○ You may not see well.



○ You may find it hard to write and draw.



○ You may find it hard to cut.



○ You may find it hard to read.



○ You may find it difficult to understand the things you read.



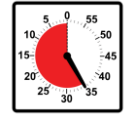
○ You may find it hard to calculate.

$$8 + 2 = 10$$

○ You may find it hard to read the numbers.



○ You may need more time to work.



○ You may find it hard to do things on your own.



○ You may find it hard to get dressed.



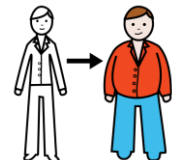
○ You may find it hard to wipe yourself in the toilet.



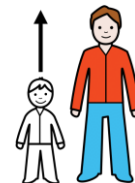
○ You may want to eat all the time.



○ You may get fat faster than others.



○ You may grow up faster than others.



○ You can be very annoyed  
or very angry.



○ You may find it hard to wait.



○ You may be often tired.

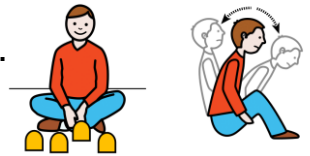


○ You may find it hard to fall asleep.



○ You may wake up at night.

○ To make yourself feel comfortable, you can take up some habits.



○ You can cover your ears if it's too loud.



○ You may want to do many things at the same time and too quickly.



○ Your body can shake a lot but you can't stop it.

You may feel strange  
and fall to the ground.

This is an epileptic seizure.



○ Sometimes you have to go to hospital.



○ You may have to take medication.



**You can do many things with help  
and with extra time.**

**You will improve.**



These things can help you.

To sit.



To get around:

- a tricycle
- a special buggy



To get dressed, put on your shoes :

- velcro



To write and learn :

- a tablet
- a computer
- glasses



To get rid of noise :

- noise-cancelling headphones



To communicate and sort yourself out :

- images



**You can get help from people at home and elsewhere.**

- Adults can help you.
- Friends can help you.
- You may get a guide animal to help you.
- You can get help at school or at the center.



- You can get help from doctors and specialists:

- a speech therapist

To speak better, count better, remember things,  
sort yourself out...



- a physiotherapist

To have a stronger body.  
To make your body hurt less.  
To move in the way you want.



- an orthoptist

To see and read better.



- a psychomotrician

To better concentrate and take care of your emotions,  
to grab things better.



- an occupational therapist

To do things alone,  
find the tools, how to grab.



- a psychologist

To chat, to help you feel good.  
To understand how your brain works.



- a paediatrician

To see how you grow.



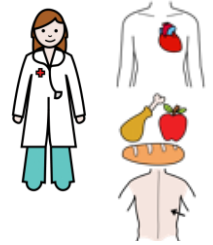
- a geneticist

To look at your cells and understand how you are made.



- other specialist doctors

For example, heart doctor,  
food doctor,  
back doctor.



This document was written in Easy-to-read by the AnDDI-Rares / DéfiScience working group, which ensured validation by the persons concerned.

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