

JOINT EVENT ON

6<sup>th</sup> European Conference on**Predictive, Preventive and Personalized Medicine & Molecular Diagnostics****&****2<sup>nd</sup> World Congress on Human Genetics**

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**Personalized medicine and Down syndrome: improvement in quality of life****Kausar Rehman Khan**

Preston University, Pakistan

The quality of life is considered as a crucial component to the well-being of patients with Down syndrome. Children with Down syndrome are slow to learn and develop. The extra chromosome creates extra work and confusion in their cells and makes it difficult for the brain to learn. As a result, children lack the energy and resources they need for optimum learning. This is critical in the early years when the brain is developing. The main concern behind the Down syndrome, Trisomy 21 is improving their quality and life expectancy years. The Down's suffer intellectual disability, hearing problems, and depression or behavior problems. Our findings with Down syndrome kids counseled, with regular sessions of speech therapy and constant monitoring of their behavior, a quite positive result was found with respect to their physical abilities and mental capabilities. It was observed that immunity levels drop often create malfunctions in their regular activities. Genetic counseling is helpful with respect to prenatal diagnosis. Down syndrome and a parent carrier increases the chances significantly. Genetic counseling and prenatal diagnosis must be made part of health services.