

What is Down Syndrome

Down Syndrome is a chromosomal condition that occurs when there is a complete or partial cell division error triggering creation of an additional chromosome, known as *Chromosome 21*. There are approximately 6,000 Down Syndrome babies born each year in the US. Types of Down Syndrome include:

- **Trisomy 21:** Each cell has three separate copies of chromosome 21 instead of two
- **Translocation:** Chromosome 21 breaks away during cell division and latches on to another chromosome
- **Mosaic:** Some cells have three copies of chromosome 21 while others have two

Mothers who become pregnant at age 35 and older are more likely to give birth to a Down Syndrome baby. Screening tests can be performed during pregnancy to estimate the probability of a child being born with the condition, but these tests do not confirm a diagnosis. Diagnostic tests can be completed after a positive screening and will produce a more accurate diagnosis.

With diagnostic testing there could be an increased risk of miscarriage or premature labor. Testing cannot fully predict what health issues and effects the child will experience.

The additional chromosome can affect how the baby's body and brain develop, and can cause health issues such as:

Physical appearance:

- Small hands and feet
- A flat nasal bridge
- Short neck
- Small ears

Brainpower:

- IQ in the mild to moderate low range
- Slower to speak
- Delayed motor skills

Health Problems:

- Heart defects
- Sleep apnea
- Loss of hearing
- Eye issues

Children with Down Syndrome acquire skills at a slower pace, but they can do many of the things other children do. They can develop friendships and can live an independent life. Thanks to modern advancements, the CDC reports

that life expectancy has increased significantly.

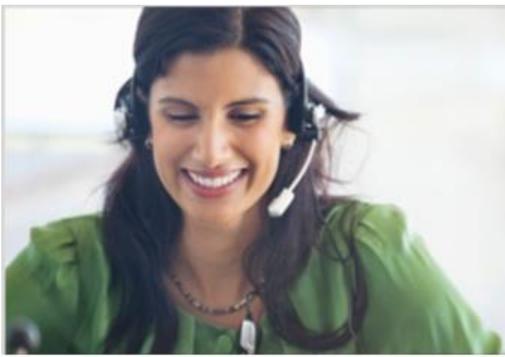
Down Syndrome is a lifelong condition. Connecting with services early in the child's life often helps improve the physical and intellectual capabilities of the child. Check with your state for early intervention programs.

For information please visit:

[Facts about Down Syndrome | CDC](#)

[Data and Statistics on Down Syndrome | CDC](#)

"My Member Care Specialist was so patient, and she explained everything so thoroughly. She was very kind, helpful and knowledgeable. She followed through with sending me all the necessary forms I needed via email to complete all my transactions. This is what great customer service looks like!"



"I have called CareCounsel three times this year and each time I have received accurate information and answers to my numerous questions plus help talking with my health plan representatives. Keep up the outstanding work. Thank you!"

Who's Caring for You?

Get to Know the Member Care Specialists

Meet Nancy:

Nancy grew up in Massachusetts on her grandfather's dairy farm, where her love of nature and animals began. Bugs fascinated her and she thought of becoming an entomologist.

Nancy and her husband are food lovers. They enjoy funky and fine restaurants and like taking day trips outside of Marin County to see what adventures they can find. Let's not forget the weekend get-aways they take, such as Tahoe, Sonoma, or the coast of Mendocino. Get-aways go hand in hand with Nancy's love of photography. She captures barns/buildings, wildflowers and just about anything to do with nature.

World travel is a luxury Nancy likes to treat herself with. She has been to Scotland, Italy and took a river boat cruise down the Danube River. Next on the list is Ireland, France, and South Africa.

Contact Center Staff

Meet Tom: General Manager

Tom's early years were spent in Taiwan. Upon moving to the U.S., his family settled on the east coast where he attended junior high school in New York City and high school in New Haven, CT. He then moved west and attended college in Santa Cruz, CA.

Tom has been with CareCounsel since the doors opened in 1996. He had previously worked with CareCounsel's founder and decided to take the plunge with him and launch our advocacy service. Tom knew it would be a success as it was a well-conceived and much-needed service. As the company grew, so did Tom's responsibilities. After the company was acquired by Stanford, Tom became a VP and is now our General Manager. All of us at CareCounsel feel privileged to be under his leadership. He's bright, forward-thinking, and a problem solver. He has an open-door policy, and all staff can turn to him for guidance, or just a laugh. Honestly, there has never been a time he turned anyone away.

His true heroes are our Member Care Specialists because they make a difference every day by being ready and eager to assist anyone in need. Tom has created a helpful structure to support our everyday business needs.

Tom is also a happily married family man. He will tell you that the luckiest day of his life was when his wife accepted his proposal. He enjoys being with his family on his time off; they like to explore local parks and trails. Tom never lets a day go by that he doesn't hug his son before he heads off to school — he's not at all looking forward to the day his son outgrows that tradition.

Another of Tom's pleasures is being on the open road. He once rode his motorcycle over 1,500 miles in one day. He enjoys taking multi-day motorcycle road trips. One of his trips took him from San Francisco, California to Jasper, Canada and back in 10 days.

