

HAVING A CHILD WITH DOWN SYNDROME FROM MULTIPLE BIRTHS

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In Czechia approximately 50 children with Down syndrome (DS) are born every year (Table 1). The birth of twins or multiples in the DS population is therefore very rare (probability less than 0.1 %).

For the purposes of our presentation, we contacted families in Czechia with twins or triplets where one or two of the children were born with DS. All the children were born between years 2000 – 2017. None of the births were result of in vitro fertilization (IVF). All of commented births were premature, ranging from moderate (38th week of pregnancy) to heavy (30th week of pregnancy). Births of twins in 2000, 2001 and 2004 were without DS positive prenatal diagnosis and the labours were natural. Deliveries in last years were made exclusively by cesarean section. Most of the mentioned twins and triplets have another sibling. All these children are living in their natural (home) environment and were educated together with their siblings.













YEAR	NUM.				
2000	58	👦 JONÁŠ (DS) AND 👦 MATĚJ	🐦🌸 07/2000		
2001		👧 ANNA (DS) AND 👦 ADAM	🐦🌸 07/2001		<p>"The brothers were born in a 38 + 2 week of pregnancy. By prenatal diagnosis was confirmed twins, not Down syndrome. Birth was provoked, but natural. Suspicion that Jonas has Down syndrome has been pronounced on cardiology in Brno two and a half months after birth, genetic tests confirmed this presumption. At the age of 5, he underwent a heart operation, has confirmed celiac disease and hypothyreosis. At the age of three, he attended with his brother a mainstream kindergarten, where he was another 4 years. At the age of 7, he joined the special school. This year, he has completed compulsory school attendance here. This September, he will be enter a practical school. Jonas visits common free time activities in our city - art and swimming. He has been horse riding from the age 2 years, swimming, cycling and skiing. Twins have younger brother Daniel (2005). Jonas is an amazing young man full of love and sense of humor."</p>
2002					
2003	61				
2004		👧 KÁJA (DS) AND 👧 MAJDA	🐦🌸 06/2004		
2005	54				
2006	35				
2007	58				
2008	43				
2009	49	👦 MATYÁŠ (DS) AND 👦 ONDŘEJ			
2010	47		🐦🌸 09/2009		
2011	55				
2012	50	👧 ADÉLKA (DS) AND 👧 VERONIKA	🐦🌸 07/2012		
2013	46				
2014	45	👦 MARTIN (DS) AND 👦 TOMÁŠ (DS) AND 👧 ZUZANA	🐦🌸 05/2014		<p>"In December 2013, my gynaecologist confirmed that I was pregnant: "Congratulations, it will be triplets," he said. He informed me they will be polyzygotic triplets (separate sacs, separate placentas). After the first shock, me and my husband we both were very happy, it was an unexpected gift for us. At that time we already had one son Peter, 14 months old. They referred me to a tertiary maternity hospital where specialists for both obstetric and premature baby care were available. Ultrasound in 12th week showed a positive screening of toetus C, 1:22, and I was offered an amniocentesis. After a discussion with my husband, we decided not to put two healthy babies in danger by such invasive examination. We accepted the fact one boy may have Down syndrome, but still hoped he will be alright. During pregnancy, I suffered only from gestational diabetes, and all following examinations were normal, not showing any abnormalities. Children were born at 32 + 3 weeks gestation by caesarean section. Two boys and a little girl, "a pair and a spare" - Zuzana 1860g, Martin 2130g and Tomáš 2134g. They all were just moderately preterm babies, they required four weeks of NICUcare, but nothing special: the first night both boys had CPAP and few weeks feeding by NGS and that was it. All three without any acute problem. Hearts without defects. We were told the very morning they were born that they suspect Martin and Tomáš to have Down syndrome. Genetics confirmed the boys are identical, including the third chromosome 21.</p>
2015					
2016		👦 VOJTĚCH (DS) AND 👦 TOMÁŠ (DS)	🐦🌸 05/2016		
2017		👦 FILIP (DS) AND 👧 STELLA AND 👦 JAN	🐦🌸 01/2017		
					<p>"In October 2015, we learned that I am pregnant with two-eyed twins. After first trimester screening appeared to be suspected of DS in both. So we were sent to genetics and then to ultrasound, or amniocentesis. Amniocentesis finally did not last. Heartbreaking was also good at week 20.</p> <p>At the 35th week of pregnancy, boys Vojta and Tomas were born after spontaneous delivery. There were feeding problems after the birth, the boys had to be probed, and Tomas was found to have a heart defect. And genetic tests confirmed chromosome trisomy of both boys. Due to a heart defect, Tomáš underwent operation. Boys are under supervision of neurologist, cardiologist, endocrinologist, ophthalmologist and ear specialist.</p> <p>Despite all other things, me, my husband and our older sons, we all love our little boys, they are very smart, smiling and we are very happy with them."</p>

TABLE 1

NUMBER OF CHILDREN BORN WITH DOWN SYNDROME PER YEAR IN TOTAL (NUM.)

SOURCE: UZIS ČR, ANNUAL REPORT 2016, WWW.UZIS.CZ



DownSyndrom CZ
www.downsyndrom.cz

Association of Parents and Friends of Children with DS

- Czech non-governmental association established in 1996 | Prague.
- A member of EDSA (European Down Syndrome Association, www.edsa.eu).
- Provides support and help for families with a person with Down syndrome.
- Successful programs include: support of skills development of the youngest children (music therapy, massages, early learning and reading), support for school inclusion, programs for teens and adults, summer and winter camps for families, lectures and seminars for parents.
- The Association publishes its own magazine PLUS 21.

PLUS 21

- ISSN 1213-1466, since 1999, 3 issues (36 pages) per year.
- Information platform and space for sharing not only parental experiences.
- The annual subscription (equivalent of 10 EUR) is intended for all interested parties.
- It is distributed freely to maternity hospitals, genetic workplaces, collaborating physicians, schools, non-profit associations, teachers and more.

