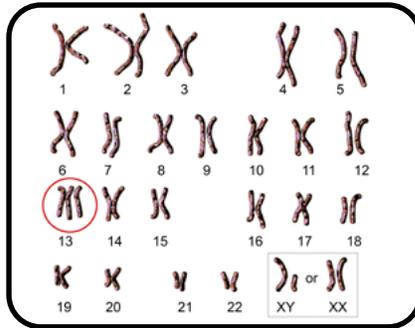


## Trisomy 13 (Patau Syndrome) Information

### What is Trisomy 13 (Patau Syndrome)?

Trisomy 13, sometimes called Patau syndrome, is a rare condition that typically causes significant cognitive impairment, heart defects, developmental problems, weakness in muscles, and other physical issues. Unfortunately, since there are often so many health issues associated with these pregnancies, most babies with trisomy 13 do not survive to birth. Of those that do, approximately 5-10% live beyond their first birthday. These babies have a lot of medical needs, and families should discuss care plans with their healthcare providers.



### How does Trisomy 13 occur?

Typically, people have 23 pairs of chromosomes in each of their cells for a total of 46 chromosomes. A pregnancy begins when an egg and sperm come together. Usually, the egg and sperm each contain 23 chromosomes. Sometimes when the egg or sperm is being made, the chromosomes do not separate like they should. Trisomy 13 occurs when a person has three copies of chromosome number 13 in their cells instead of the typical two copies. In general, trisomy 13 happens by chance and is not due to anything a person did (or did not do) before or during the pregnancy. Although there are some cases where trisomy 13 can run in families, this is not common.

### How common is Trisomy 13?

Trisomy 13 occurs in approximately 1 out of every 16,000 live-born infants. It is not related to a person's ethnicity, nationality, religion, or background. Although women of all ages have a chance of having a child with trisomy 13, the chance increases as a woman gets older.

### How is Trisomy 13 treated?

Currently, there is no cure for trisomy 13. Every child's unique physical and intellectual concerns are managed with help from a wide range of healthcare professionals. Speak with your doctor or a genetic counselor to understand all the management options available.

### What should I do after a positive test?

Speak with your doctor about your results. Your doctor can help explain these results and also guide you regarding the available next steps for testing, depending upon the results of any other tests and your family history. Meeting with a genetic counselor to review your results and options is also highly recommended.

Please remember that while NIPT does indicate an increased chance that this pregnancy has trisomy 13, this is only a screening test and this result does NOT mean that your baby has this condition. Further testing is always recommended if you would like a definitive answer about whether or not a pregnancy has trisomy 13.

---

### Where can I learn more about Trisomy 13?

- <https://medlineplus.gov/genetics/condition/trisomy-13/>
- <https://www.nhs.uk/conditions/pataus-syndrome/>

### Find a Genetic Counselor near you:

- <https://www.nsgc.org/page/find-a-genetic-counselor>