



The International 22q11.2 Foundation Inc.

How to Organize a Denim Day Event "22q Help the Cause"

This Fundraiser will benefit the work of The International 22q11.2 Foundation, Inc.

Is 22q11.2 Rare?

The answer is, if so, just barely. It certainly is the most common rare disease you have never heard of. A disease or disorder is defined as rare in Europe when it affects fewer than 1 in 2000. A disease or disorder is defined as rare in the USA when it affects fewer than 200,000 Americans at any given time. While the true incidence of 22q11.2 Syndromes are not known. Recent studies suggest that 22q11.2 Deletion Syndrome occurs in approximately 1/1000-2000 pregnancies.

Background

World Rare Disease Day is an annual observance held on the last day of February to raise awareness for rare diseases and improve access to treatments and medical representation for individuals with rare diseases and their families. On this day, various activities take place in the United States, Europe, Russia, Japan and elsewhere around the world. Typically, a variety of awareness raising activities follow World Rare Disease Day, and continue throughout the month of March.

How To Get Involved

1. Select a date for the event. Typically events are planned throughout the month of March.
2. You will need to get the date approved by your employer or school administrator. In most cases you will need to contact the Superintendent of Schools in your school district.
3. Publicize the **"Wear Jeans to Work/School"** event by handing out and posting flyer (below), posting the event details on your work or school website (get approval first and then work with your IT department), posting the event on your Facebook page.
4. Set a donation amount of \$5.00 for anyone who wears jeans to work or school.
5. The International 22q11.2 Foundation will provide information cards for the event. Please contact in advance with quantity specifications and mailing address.

The International 22q11.2 Foundation, Inc.
PO Box 532 Matawan NJ, 07747, USA
Phone: +1 877-739-1849 – Website: www.22q.org



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22q11.2 Foundation Inc.

**Denim Day Event:
Wear Jeans to Work or School
"22q Help the Cause"**

Date: _____

Group Name: _____

Cost: _____

All proceeds raised will be donated to The International 22q11.2 Foundation, Inc. to support their mission ***"Improving the quality of life for individuals affected by the 22q11.2 syndromes through family and professional partnerships."***

Detection. Care. Awareness

- o The 22q11.2 deletion syndrome is caused by a missing piece of chromosomal material on the 22nd chromosome.
- o The 22q11.2 duplication syndrome is caused by an extra piece of chromosomal material on the 22nd chromosome.
- o Genes are the blueprint for the body by sending messages, which determine how various body parts are formed.
- o A syndrome is a recognizable pattern of physical and developmental findings.
- o The 22q11.2 deletion syndrome occurs in ~1/2000 live births; in ~25% of children born with heart defects; and in ~6% of children born with abnormalities of the palate.
- o The earlier the symptoms are detected, the better the outcomes.
- o Common symptoms associated with the 22q11.2 deletion syndrome include: heart defects; problems fighting infections; palatal differences; low calcium and thyroid diseases; feeding, swallowing, and breathing problems; abnormalities of the kidney; gastrointestinal problems such as reflux and constipation; hearing differences; curvature of the spine and other orthopedic issues; autoimmune disease such as arthritis; bleeding issues; differences in growth; delays in achieving motor milestones and speech; articulation problems; differences in learning styles; behavioral problems such as ADHD, autism/autistic spectrum disorder, and anxiety.

22q is more common than cystic fibrosis yet most people have never heard about it

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Help us change that...Together we can make a difference!

**Denim Day Event:
"22q Help the Cause"**

Donation Form

Organizer Name: _____

Employer Name/School: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Phone Number: _____

Cell Number: _____

Email Address: _____

Date of Event: _____

Amount Enclosed: _____

Thank you for your support!

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