

Smith-Magenis Syndrome Awareness Day November 17th

Today, November 17th, is world Smith-Magenis Awareness Day! I hope this worksheet will be a fun way for you to learn about **Smith-Magenis Syndrome (SMS)**! **Don't forget to tell your friends and family about SMS!!**



What is Smith-Magenis Syndrome?

Chromosomes are what make you...well you! They tell you whether a person is a boy or a girl, if you have blue eyes or brown eyes, if your hair is brown or blonde, etc. People with Smith-Magenis Syndrome (SMS) are missing a little piece of one of their chromosomes, chromosome 17. Because they are missing this little piece of chromosome 17, they may look a little different and it might be harder for you to understand them. It may take them a little longer to learn than you do. They also might have special needs, have a hard time controlling their behavior, and need extra help with things that you can do easily.

One of the hardest parts of SMS is the sleeping pattern. People with SMS have an inverted circadian rhythm, which means their brains want them to sleep during the day and stay awake at night. Many families have to make special accommodations to make sure people with SMS have a safe place at night to sleep...and sometimes play...so that they don't wake everyone else up. Despite some of these struggles, people with SMS have endearing personalities and give the best hugs!!

Not a lot of people have SMS. In fact, only 1 in every 25,000 babies is born with SMS. SMS is considered a rare syndrome, so spreading awareness about it is really important! There are organizations throughout the world that are working together to support people with SMS and their families. PRISMS (Parents and Researchers Interested In Smith-Magenis Syndrome) is the largest organization that is dedicated to providing information and support to families, sponsoring research and raising awareness of SMS. For more information on SMS, please visit www.prisms.org.

To help raise awareness, I have created a fun activity! Flip the page over and find the words in the SMS word search!

Smith-Magenis Syndrome Awareness Day

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S M I T H M A G E N I S M N T I H P I S J
 A R F T M X S G E W J K R M V R F H W O L
 I F H M V K F J R H J O K H U G S O E K J
 S S E N E R A W A J S Y J K Q P F Y T U W
 L M P K H W O Y G L H T P Z G O R H L P C
 D U R V H S H S F J S C K S V X P L S N H
 P W S F M P L D J Q S P R M L P D H K K R
 N C D G S Y A E J K H T Q A T S P Q M R O
 M U R S P U L E H E P Z C B E I V P O L M
 K H R S C S Y N D R O M E G T S P Q M X O
 P D J D T V P L E P L H K A V O E R O L S
 G F D T I R H A R K D O W I A N I R P G O
 P R L C I S R I I X X D W Y I G A G U W M
 R L N R P L K C P O B K U T L A S G P P E
 I K D R D Y E E G L S U B M F I P L V T Q
 S Z A Q I Y J P S X C B S L J D B K H U O
 M H S D E F Y S I O B M T S G U W G U M W
 S M G W L U B X H R M O S R P V S V I L S
 C L X G C I R C A D I A N R H Y T H M F Y
 Y K E X B M U R G I P D N L S T H K S V T
 H I E E C P G N R B E H A V I O R H Y O D
 O U V S P E B J R I B L S G E H O F D Y O

Find the Words:

Hugs	Smith Magenis	Research
Syndrome	Chromosome	Awareness
Behavior	Circadian Rhythm	Special Needs
Sleep	PRISMS	Diagnosis

