

be sought. Development of the breasts starts around age 11 and periods between 13 and 15 years of age.

### Further education and employment

Many girls with Triple X go on to further education after leaving school. In the past the majority of Triple X girls have gone into jobs of a practical nature, such as jobs in catering, caring for children and older people, hairdressing, or working in shops. There is no evidence of an increase in unemployment among Triple X girls.

### Parenthood and fertility

The majority of Triple X girls will have no problem in becoming pregnant and can expect to produce healthy children.

### For more information about Triple X:

#### Clinical Genetics Departments

Northern Scotland (main base Aberdeen)  
Tel: 01224 552120 Fax: 01224 559390  
(Aberdeenshire, Moray, Highland, Western & Northern Isles)

Tayside (main base Dundee)  
Tel: 01382 632035 Fax: 01382 645731  
(Perth & Kinross, Angus, North East Fife)

South East Scotland (main base Edinburgh)  
Tel: 0131 651 1012 Fax: 0131 651 1013  
(Borders, Lothian, South West Fife)

West of Scotland (main base Glasgow)  
Tel: 0141 201 0808 Fax: 0141 201 0361  
(Glasgow, Argyll & Bute, Argyshire, Dumfries & Galloway, Stirling, Lanarkshire, Falkirk)

[Unique, the Rare Chromosome Disorder Support Group, is a source of information, mutual support and self-help for families of children with any rare chromosome disorders, including Triple X.](#)

#### Unique, Rare Chromosome Disorder Support Group

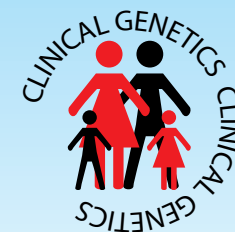
Telephone: 01883 330766  
E-mail address: [info@rarechromo.org](mailto:info@rarechromo.org)  
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#### Seen in clinic by.....

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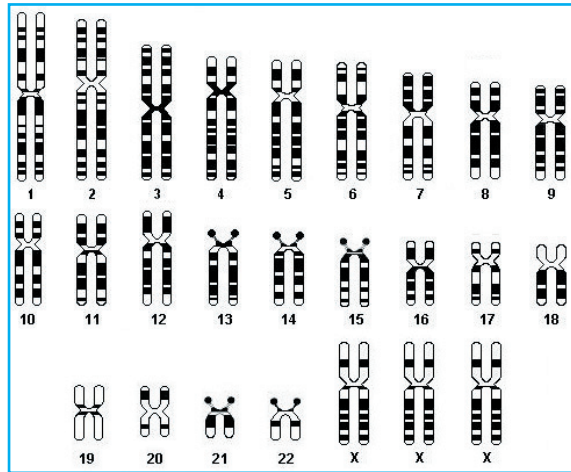
# Triple X



An information sheet  
for professionals

## Introduction

Humans are usually born with 46 chromosomes, which are arranged in 23 pairs. One of these pairs determines whether a baby is male or female, and these are known as the sex chromosomes. Boys are born with the sex chromosomes XY, and girls are born with two X chromosomes (XX).



Occasionally, however, a girl is born with an extra X chromosome and this is known as **Triple X**. The picture above is a drawing of someone who has an extra X chromosome

About 1 in 1,000 girls has an extra X chromosome, but often they are unaware of it. In Britain it is estimated that there are about 25,000 girls and women who have Triple X. Even though these girls have an extra X sex chromosome, they are 100 percent female in every way.

## What causes Triple X?

This is not known, but in a minority of cases there is some connection with the age of the mother. The extra X chromosome may come from either mother or father, though the former is more frequent.

## How does it affect the person?

The majority of Triple X girls and women lead normal lives in the community. They go to ordinary schools, get jobs, marry and have children, and live until old age. However, there are some differences between girls with Triple X and girls who have the usual pattern of two X chromosomes. Some of these differences are described in this information sheet.

### Babies

Most Triple X babies are perfectly formed but are a little smaller at birth in weight, length and head circumference. The tone of the muscles may be slightly less than usual so the baby may be a little slow to hold her head steady and to sit without support.

### Toddlers

Most children walk independently around the age of 1 year and start to say single words such as Mama and Dada at this time. Girls with Triple X are usually a little later doing these things, i.e. they may do these at around 18 months of age. If there is no speech at all by 2 years of age, the GP should be consulted about checking the child's hearing and other aspects of development. When speech is definitely delayed or pronunciation is unclear then speech therapy starting at around 3-4 years of age will help. Usually the problem disappears after a few years. Many girls with Triple X take longer than average to be toilet trained and to come out of nappies. This may take until age 3½ to 4 years. Girls with Triple X may also be a little slower than average at learning to play cooperatively with other children of the same age.

### School days

When Triple X girls go to school, the majority will experience rather more difficulty learning to read and write than usual. Early recognition of this helps the child not to become overwhelmed or disheartened. Extra teaching on a one-to-one basis will gradually overcome the problem, and may also be necessary

with maths. Careful study of the exact difficulties a child experiences will enable the remedial or special teaching to be correctly focused. Research has shown that Triple X girls often have difficulty remembering what they have learnt recently and that they need the information repeated more times in order to be able to fix it in the memory. If the teacher or parent reacts impatiently to this genuine difficulty for the Triple X girl, this is likely to generate anxiety and confusion in the child which will be counterproductive. For some Triple X girls, but certainly not all, making friends at school can be a problem. This may result from lack of self confidence if they have found that they fail at many things in which others of the same age appear to succeed quite effortlessly. An accepting attitude of the parents to the child's worth as a person rather than an expectation of high achievements is helpful in building self confidence.

## Intelligence

When intelligence tests have been carried out on girls with Triple X it has been found that their average score was about 20 points lower than the national average. Within families, the intelligence level (sometimes called IQ) of Triple X girls tends to be lower than that of their sisters and brothers. It is important to remember, however, that IQ tests were designed to predict school success and give no information about many important aspects of character, like determination, honesty and reliability, which are of major importance in finding and keeping a job.

## Growth in childhood and during adolescence

There is a tendency for some Triple X girls to grow rather more rapidly between 4 and 9 years, particularly in their legs, and this contributes to their attractive appearance. In rare instances this may be excessive and in such cases medical advice should