



## AWARENESS

### HOW MANY OF THESE RARE DISEASES CAN YOU IDENTIFY?

Definitions vary across the globe, but according to the National Organisation for Rare Disorders (USA), a rare disease is defined as any disorder that affects fewer than 200,000 people.

Commemorate Rare Disease Day on 28 February 2021 by challenging yourself. How many rare diseases can you identify by their description?

1. A parasitic disorder spread by the bite of the Anopheles mosquito. This disorder is only considered rare outside of central Africa, the northern parts of South America, and Southeast Asia.
2. Skeletal dysplasia that results in significantly short arms and legs, abnormal rib and vertebra development, as well as several other skeletal abnormalities. Most infants with this disease will be stillborn or perish soon after birth.
3. A genetic disorder that causes the blood vessels in a person's brain to be damaged. Those afflicted can have multiple strokes despite showing no signs of cardiovascular disease.
4. This disorder is characterised by the absence or underdevelopment of the spleen, malformations of the heart, and an abnormal arrangement of the organs inside the chest and abdomen.
5. An extremely rare disorder that causes an abnormal resistance to insulin. This causes growth delays and abnormalities of the endocrine system.

Infants will have distinctive head and face characteristics, as well as low birth weight and enlarged genitals.

6. This disorder is a chromosomal variation that results in men having smaller testes, little or no facial or body hair, a tall stature, and small breasts.
7. This disorder is known to cause inflammation and deterioration of the eye's optic disk. The result is loss of vision in the affected eye. Spontaneous recovery may occur but isn't a given.
8. A neurological disorder characterised by a visual 'snow' effect that is similar to a TV's static. Other symptoms include seeing an image even after it has been removed, sensitivity to light, visual effects originating from the eye itself, and impaired night vision.
9. An infectious disease from the tropics that is caused by the bacterium called Treponema pertenue. The disease is spread by skin-to-skin contact with infected individuals.
10. An umbrella term for at least 10 distinctive genetic disorders characterised by defects in the development of the jaw, mouth, teeth, and tongue.
11. A disease believed to be caused by a weakened immune system, which results in acute and severe pain in the shoulder and arm, followed by atrophy of the muscles in the affected area. The pain could last a few hours or weeks.

11. Parsonage-Turner syndrome  
Syndrome 9. Yaws 10. Oral-Facial-Digital Syndrome  
Syndrome (47, XXY) 7. Papillitis 8. Visual Snow  
Ivemark Syndrome 5. Leprechaunism 6. Klippel-Feil  
4. Malaria 2. Achondrogenesis 3. CARASIL

Answers: