

Membership form

Please send the completed form to:

The KSA Membership Secretary

30 Alandale Close, Reading, Berkshire, RG2 8JP

Any queries email: membership@ksa-uk.net

Name(s)

Address

.....

Postcode

Telephone

Mobile

Email

We will contact you by email for membership purposes only

Details of person with KS if different from above

Name:

Dob 47XXY Other

Relationship to member

E.g. self, son, friend

Membership Type Individual Family

Subscriptions

One year **£22.50**

Two years **£40.00**

Three years **£52.50**

A concessionary rate is available on request

Please make cheques payable to KSA

Or join on-line at www.ksa-uk.net

using debit/credit card or PayPal

Or by electronic transfer – contact us for details

telephone: 0300 111 47 48 (Option 3)

Signed Date

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What about education and career prospects?

Although IQ is generally in the normal range, some learning difficulty is common.

Children may be better at subjects like maths and science which initially are less language based.

With appropriate support, many problems may be overcome. As those with KS take longer to mature – often into their late 20s or 30s – continuing education is helpful.

Many gain degrees, run business etc. Enhanced spatial awareness, visual thinking skills and attention to detail are useful skills.

Gardening, IT and caring roles are popular choices, as is self-employment or being part of a small team.

What is the long term outlook?

The effect of KS on people's lives varies widely and many live contented and fulfilled lives.

Some may struggle to hold down jobs and form meaningful relationships but support and understanding can help a lot.

Most will live independent lives. Others may require support. This may be difficult to access. Start early. Raise the issue at school transition review at about age 14. Have a clear idea of what you want for the future.

How Can I Help Someone with KS?

Keep instructions/explanations short. Ask the person to repeat the instructions in their own words to ensure that they understand.

- Write things down and talk through each point
- Allow time to think and reflect
- Stay calm and be patient.



KLINFELTER'S SYNDROME

**75% are not
diagnosed because
symptoms vary
enormously**

eXtra
Klinefelter's
Syndrome
Association

What is Klinefelter's Syndrome (KS)?

KS is a lifelong condition which is present from conception in about 1 in 600 live male births. It affects the production of testosterone.

Typically, males have one X and one Y chromosome (XY) while females have two X chromosomes (XX). In KS, there is one (or more) extra chromosomes. The most common KS chromosome pattern is XXY.

KS is the most common sex chromosome variation affecting humans and is usually associated with males.

How is KS diagnosed?

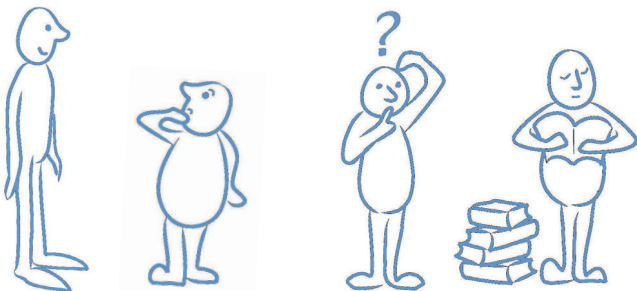
Initially a blood sample is taken to test the levels of testosterone and other hormones - see www.ksa-uk.net for details. A specialist genetic blood test will confirm diagnosis. You may be referred to a **geneticist** for more information.

How is KS treated?

Hormone replacement therapy (HRT) is the usual approach. Testosterone is commonly prescribed as a gel or injection. All forms of testosterone are available only on prescription.

It is usual to start with a low dose which is increased gradually, allowing the patient (and those around them) to become accustomed to the effect.

In some cases oestrogen may be preferred. In others medication may not be required.

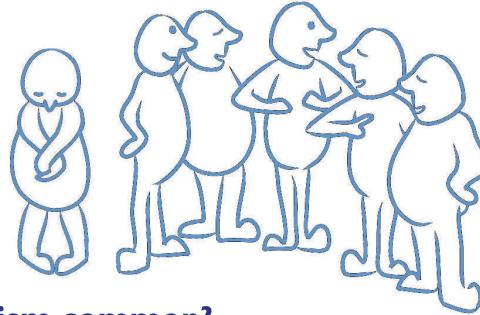


Are poor social skills associated with KS?

Yes. Adults and children often have difficulties with:

- social situations
- interpreting facial expressions and other social cues

With help these problems can be reduced.



Is Autism common?

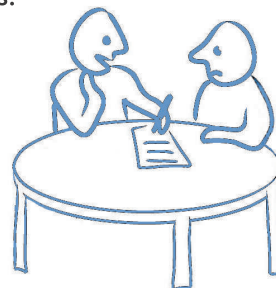
Many with KS are on the autistic spectrum but the severity of symptoms varies a lot. Often social skills are poor. A diagnosis of autism may help give access to support at school and in the workplace.

What are the psychological effects of KS?

Many experience few problems while some may have more major issues. The severity varies. Early diagnosis and appropriate support can help alleviate problems. The most common issues are depression, low self-esteem, anxiety and anger management.

There may also be gender identity issues.

Counselling may be helpful to identify and address any individual needs.



The Klinefelter's Syndrome Association

Website: www.ksa-uk.net

Help line: 0300 111 47 48

Facebook: [Klinefelter's Syndrome Association](https://www.facebook.com/KlinefeltersSyndromeAssociation)

On-line support forum: XXYTalk.com

- provides support and assistance to all affected by KS
- works to raise awareness of KS, to improve the rate of diagnosis
- aims to reduce the age at which KS is diagnosed
- hosts a support forum
- maintains a Facebook page
- hosts a website
- provides advice and a helpline
- offers free membership to professionals

Benefits of Membership

- reliable information
- access to **Members Only** section of the website
- **Annual Conference** - advanced notice
- **Members' Meetings**
- **Activity Weekends** - subsidised
- Newsletters
- access to contact listings
- invitations to participate in research projects

