

# PRADER WILLI SYNDROME

## What is Prader Willi Syndrome?

Just like some people wear glasses or are really good at football, some people have a rare condition called Prader-Willi Syndrome (PWS). It's something they are born with, and it stays with them their whole life.



In Ireland, around 120 people have PWS



## Feeling Hungry

One of the most well-known symptoms of PWS is feeling hungry all the time.

Imagine having a feeling in your tummy that says, 'I'm still hungry!' even after eating a big meal. That's how some people with Prader-Willi Syndrome feel. Their brains don't get the message that their tummies are full, so they always feel hungry.

To help them stay healthy, they have a special meal plan, and the people who take care of them make sure there's no extra food lying around. It's like having a special food superhero team to keep them safe and healthy!

People with PWS need extra help because their muscles don't work the same as yours

People with PWS are happiest when they know what will happen throughout the day.

People with PWS need to follow a special diet, which may look different to yours.

Sometimes People with PWS get really upset without knowing why they are upset

People with PWS may not know they've hurt themselves as their pain threshold can be high.

People with PWS need to work hard to communicate and may need more time than you to do it.



## Awareness & Understanding

It's important for people to learn about PWS so they can understand and support those who have it.

By spreading awareness and showing kindness, we can create a more inclusive and understanding world for everyone, including those with Prader-Willi Syndrome.

