

SOME FACTS ABOUT PRADER WILLI SYNDROME

WHAT IS PRADER WILLI SYNDROME?

Prader Willi Syndrome is a rare genetic condition. If you have PWS you were born with it. It is very rare, approximately 120 people have PWS in Ireland.



LOTS OF HOSPITAL TRIPS!

Children with PWS go to hospital a lot.

They have blood tests, x-rays and check ups.

They have an injection everynight to help their muscles get stronger.



A SPECIAL DIET

Children with PWS have a special diet that might look different to yours.

They follow a special food plan to help keep them healthy.

People with PWS can feel anxious around food. This is because their brain doesn't tell them when they are full.



KNOWING THE PLAN

People with PWS like to know what is happening and when. They like having a routine.

They can feel upset when something unexpected happens or there is a change to the plan.



FEELINGS

PWS can make your feelings all jumbled up. It can be hard to know what you're feeling.



BEING ACTIVE



As well as eating healthy, people with PWS have to make sure they are getting enough exercise.

EVERYONE WITH PWS IS UNIQUE, JUST LIKE YOU