

## Common Medical Conditions in Adults with Down Syndrome



### Cardiology<sup>1</sup>

- Acquired valvular heart disease
- Mitral valve prolapse

### Dentistry<sup>.5</sup>

- Periodontal disease
- Bruxism (Teeth grinding)

### Dermatology

- Xerodermatitis (Dry skin)

### Endocrinology<sup>1</sup>

- Thyroid disease
  - hypothyroidism
  - hyperthyroidism
- diabetes mellitus



### Neurology

- Seizures
- Alzheimer's disease

### Oncology<sup>1</sup>

- Testicular cancer

### Orthopedic<sup>1</sup>

- Spinal cord compression
- Atlantoaxial subluxation
- Osteoporosis

### Ophthalmology<sup>2</sup>

- Cataracts
- Keratoconus
- Refractive errors

### Otolaryngology (ENT)

- Hearing loss<sup>2</sup>
- Obstructive sleep apnea
- Excessive ear wax

### Psychiatry

- Depression
- Obsessive Compulsive Disorder
- Abuse (physical, emotional, sexual)
- Conduct disorder

### Screening Frequency

- .5 = every 6 months
- 1 = annual
- 2 = every 2 years
- All others = as needed

### Resources:

The Guide to Good Health for Teens and Adults with Down Syndrome by Brian Chicoine, M.D. and Dennis McGuire, Ph.D. that identifies tests and how often to have them. (pages 36-39)

**NOTE: Not all adults with Down syndrome will develop all of these conditions.**