Living Longer, Living Healthier: Successful Strategies and Stumbling Blocks for People with Down Syndrome

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Age of Change
DSALA and NDSS

A Unique Collaboration
• The families of the National Association for Down Syndrome
• Advocate Medical Group and Advocate Lutheran General Hospital

The Mission
To enhance the wellbeing of adolescents and adults with Down syndrome by providing comprehensive, holistic, community-based health care services by a multi-disciplinary team.

As a not-for-profit entity, the Adult Down Syndrome Center relies on the faith-based mission of Advocate Health Care and philanthropy to help ensure access to medical and psychosocial services for adolescents and adults with Down syndrome.

Leo Foley
1907-1947

Life Expectancy
• Life expectancy: 60 years
• One of oldest well-documented person with Down syndrome, 83 years old at death
• Premature aging issues
•
  • 1 Bittles AH, Glasson EJ

Health
Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity.

World Health Organization

Healthy Aging
• Healthy lifestyle
• Self-promotion of health
• Screening
• Clinical health promotion
• Treatment of medical and psychosocial problems
9 Promoting and Assessing health
   - 7 keys to promoting health and assessing change in health
     1. Assess contributing medical conditions
     2. Assess contributing psychological conditions
     3. Optimize communication
     4. Assess and optimize sensory issues.
     5. Assess the social environment.
     6. Medication as needed
     7. Promote healthy behavior/encourage self-promotion of health

10 Healthy lifestyle

11 NUTRITION AND EXERCISE
   - Nutrition
     - Slow metabolism
   - Exercise
   - Activity
   - Encouraging own motivation

12 Sleep hygiene
   - Routine
   - Regular sleeping hours
   - Disturbance-free sleeping quarters
   - Regular exercise and activities

13 Self-promotion of health

14 Self-Promotion

15 Calendars, Schedules and Reminders

16 Visual

17 Personal interaction

18 Screening
   - Annual thyroid
   - Hearing
   - Vision
   - Lateral cervical spine x-rays
   - Sleep study
   - Celiac
   - Pap
   - Colonoscopy
   - Mammogram
   - Bladder scanning
Clinical health promotion

- Immunizations
  - Tdap
  - Influenza
  - Pneumonia
- Encourage healthy lifestyle

Treatment of medical and psychosocial problems

- Sleep apnea
- Hypothyroidism
- Celiac
- Vision
- Hearing
- Swallowing
- Alzheimer Disease

Down Syndrome – Aging: What it is, What it Means, and What Our Nation Must Do

- Living arrangements/residential
- Occupation/meaningful activities
- Health care
  - Clinics
  - Local care
- Information sharing
- Research
- All be part of promoting healthy living

Healthy Living

- Education and re-education
- Regular exercise
- Healthy diet
- Sleep
- Good health care
- Cognitive stimulation
- Opportunity to do for others