Common Medical Conditions in Adults with Down Syndrome

Cardiology
- Acquired valvular heart disease
- Mitral valve prolapse

Dentistry
- Periodontal disease
- Bruxism (Teeth grinding)

Dermatology
- Xerodermatitis (Dry skin)

Endocrinology
- Thyroid disease
  - hypothyroidism
  - hyperthyroidism
  - diabetes mellitus

Neurology
- Seizures
- Alzheimer’s disease

Oncology
- Testicular cancer

Orthopedic
- Spinal cord compression
- Atlantoaxial subluxation
- Osteoporosis

Ophthalmology
- Cataracts
- Keratoconus
- Refractive errors

Otolaryngology (ENT)
- Hearing loss
- 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.