

# DOWN SYNDROME HEALTH CARE GUIDELINES

(Based on 1999 Down Syndrome Health Care Guidelines)\*

## Adolescence (12-18 Years)

- < TSH and T4-Thyroid Function Test (annual).
- < Auditory Testing (annually).
- < Monitor for obstructive airway; sleep apnea.
- < General physical and neurological exam; check for atlanto-axial dislocation. Cervical spine x-ray (as needed for sports).
- < Eye examination (annually).
- < Monitor for obesity by plotting height for weight on growth charts for typical children
- < Clinical evaluation of the heart to rule out mitral/aortic valve problems. ECHO - Echocardiogram (as indicated by findings).
- < Reinforce need for subacute bacterial endocarditis prophylaxis (SBE) in susceptible adolescents.
- < Adolescent medicine consult for puberty/sexuality issues; health, abuse prevention and sexuality education. Pelvic exam (only if sexually active).
- < Low calorie, high fiber diet; regular exercise
- < Smoking, drug and alcohol education.
- < Begin functional transition planning (16 yrs). Monitor independent functioning.



666 Broadway, NY, NY 10012  
(800) 221-4602 / [www.ndss.org](http://www.ndss.org)

\*[HEALTH CARE GUIDELINES FOR INDIVIDUALS WITH DOWN SYNDROME: 1999 REVISION (Down Syndrome Preventive Medical Check List) is published in **Down Syndrome Quarterly** (Volume 4, Number 3, September, 1999, pp. 1-16) and is reprinted, duplicated, and/or transmitted with permission of the Editor. Information concerning publication policy or subscriptions may be obtained by contacting Dr. Samuel J. Thios, Editor, Denison University, Granville, OH 43023 (email: [thios@denison.edu](mailto:thios@denison.edu)).]

