

# DOWN SYNDROME HEALTH CARE GUIDELINES

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

## Childhood (1-12 Years)

- < TSH and T4-Thyroid Function Test (annual).
- < Echocardiogram by a pediatric cardiologist if not done previously.
- < Behavioral Auditory Testing (every 6 months to age 3, then annually).
- < Lateral cervical spine x-rays (neutral view, flexion, extension) to rule out atlanto-axial instability. Radiologist to measure atlanto-dens distance and neural canal width (at 3-5 years, then as needed).
- < Pediatric and neurological exam with evaluation for spinal cord compression: deep tendon reflexes, gait, Babinski sign.
- < Use Down syndrome growth charts and head circumference charts with others.
- < Eye examination (annually, or as indicated).
- < Screen for celiac disease IgA antiendomysium antibodies and total IgA (btwn 2 & 3 yrs)
- < Question about obstructive sleep apnea; ENT exam (as needed).
- < Dental Exam (2 years; follow up exams every 6 months after). Twice daily brushing
- < Reinforce need for subacute bacterial endocarditis prophylaxis (SBE) for cardiac problems (as indicated).
- < Brief vulvar exam for girls.
- < Well child care: immunizations; pneumococcal vaccine (2 years).
- < Evaluation by speech/language pathologist.



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