GROWTH AND HEALTH CHECKS – DOWN SYNDROME

	GROWTH	HEART / DENTAL	THYROID	SIGHT	HEARING
Birth – 6 weeks	Length/weight/head circumference – Plot on Down syndrome Specific Growth Charts	Clinical examination ECG + Chest X-ray Birth and 6 wks or Clinical Examination + ECG + Echocardiogram Birth and 6 wks	Routine Guthrie test	Eye Examination, exclude cataract and glaucoma	Neonatal screening Where available
6 –10 months	Growth assessment as above at each routine visit			Visual behaviour exclude squint	Full audiological review (Otoscopy, Impedance, Hearing thresholds)
12 months	Growth assessment as above at each routine visit	Dental advice	Full thyroid function tests Or TSH (Guthrie) Yearly when available	Visual behaviour exclude squint	
18 - 24 months	Growth (height/weight) as above	Dental advice & examination of teeth	Full thyroid function tests Or TSH (Guthrie) Yearly when available	Opthalmological examination including orthoptic screening, refraction and fundal examination	Full audiological review as above
3 - 3_ years	Growth (height/weight) assessment as above	Dental advice & examination of teeth	Full thyroid function tests Or TSH (Guthrie) Yearly when available		Full audiological review as above
4 - 4_years	Growth (height/weight) assessment as above	Dental advice & examination of teeth	Full thyroid function tests Or TSH (Guthrie) Yearly when available	Opthalmological examination including orthoptic screening, refraction and fundal examination	Full audiological review as above

- Encourage a healthy lifestyle (healthy eating and regular exercise) at all times.
- From Age 5 to 19 years – Paediatric Medical Review Annually

Cardiology Echo in early adult life to rule out mitral valve prolapse
Hearing 2 yearly audiological review as above
Vision 2 yearly opthalmological examination including refraction and fundal examination
Thyroid 2 yearly from 5 years (venous) or annual finger prick TSH

For more detailed information on the growth and health checks go to website:
www.denison.edu/dsq/health00.shtml; www.ds-health.com ; www.com/charts/DS/chart.htm