**Key health Issues for specific Learning disabilities**

Information on RCGP website:

**Down’s syndrome** – having a child with Down’s Syndrome is more common the older a woman gets: 45 years of age has a 1 in 50 or greater chance.
- Issues with eyesight – 2/3 have issues, hearing, heart disease), dysphagia, GOARD, sleep apnea, MH problems 25-30% suffer with anxiety and depression. Early onset dementia 10-22% get it in their 40s. Early menopause, osteoporosis, hypothyroidism 15-37%, diabetes – increased prevelance of type 1, type 2 – linked to obesity ( 89-95%) skin conditions, cervical spine issues – degenerative changes up to 70% adults.

**Rett Syndrome:** Rare in males, linked to X chromosome, risk of osteoporosis, unusual breathing pattern during the day, hold breath – usually normal breathing pattern at night, can trigger non epileptic seizures, epilepsy is common, dystonic spasms, cardiovascular issues

**Fragile X: features** – long face, large jaw, prominent ears, tall, enlarged testicles (post puberty), mainly males affected. Epilepsy is common, women – hot flushes, premature menopause – usually before 30

**Prader-Willi:** most common genetic form of obesity, seen equally in all ethnic groups, chromosome 15 – loss of function, eating inappropriate items, bowel obstruction, stomach rupture, lack of vomit reflex, delayed stomach emptying, absence of fever when unwell (v tiny temp elevations should be considered a warning), v high pain threshold, osteoporosis more common, skin picking, oedema and leg swelling, drinking excessively to fatal levels, bruises (high pain threshold), full sexual development doesn’t occur – consider hormone treatment. MH more prevelant – visual and auditpry hallucinations and psychotic episodes.

**Williams Syndrome:** deletion of small part of chromosome 7, distinctive facial features – elfin like – broad forehead, short nose, wide mouth, dental problems, mild LD, multi-system disorder – not expected to reach full life expectancy, caridac issues and hypertension, knowing heart and poor dental care correlation – consider dental treatment options

**Cerebral Palsy**: 50% LD – 25% severe/ profound – swallow reflex (SALT ), GOARD, nutritional issues (weight monitoring v important) health indicators, low bone mineral density, pain, constipation, v unlikely to communicate health needs. Sleep disturbance, MH issues – 50% visual impairment (imagine eyesight changed, can’t communicate this, everyone writes you off as not interested) , hearing impairment.

**FAS:** Preventable cause of LD, short nose, sunken nasal bridge, flattening cheek bones, philtrum (line nose to lip) is longer: may have cardiac defects, renal problems, hearing and sight issues.

**PKU** is an inherited metabolic disorder in which the body cannot metabolize the amino acid phenylalanine that is present in many common foods. If treatment of the disease is not started within the first few weeks of life, PKU can cause various degrees of intellectual disability, seizures, and other neurological problems.