### Down Syndrome Healthcare Guidelines (2011 Revision) Record Sheet

<table>
<thead>
<tr>
<th>Age</th>
<th>Genetic Counseling, Karyotype</th>
<th>Cardiology</th>
<th>CBC to R/O transient myeloproliferative disorder, polycythemia</th>
<th>Swallowing assessment if feeding problems or aspiration</th>
<th>Parent Group Info and Support</th>
<th>Hemoglobin</th>
<th>23-valent pneumococcal vaccine</th>
<th>Audiological Evaluation</th>
<th>Ophthalmologic Evaluation</th>
<th>Celiac Disease Screening</th>
<th>Thyroid – TSH, T4</th>
<th>Neck X-ray (AAI)</th>
<th>Dental Exam</th>
<th>Sleep Study by age 4 years</th>
<th>Early Intervention</th>
<th>Childhood</th>
<th>Puberty</th>
<th>Facilitate transition</th>
<th>Sexual development and behaviors</th>
<th>Preventive care</th>
</tr>
</thead>
</table>
|     |                             | Echo       | Screen for acquired mitral or aortic valvular disease |                    | Parent-to-parent contact, support groups, current books and pamphlets | Hemoglobin annually beginning at 1 year old. If Hg<11, do (a) CRP and ferritin, or (b) Reticulocyte Hemoglobin Content (CHR), if possible risk for iron deficiency, do (a) or (b) regardless. |                             |                     |                     | (Only test if signs and symptoms present) |                  | Test TSH and T4 annually |                          |                  |                           |                   |                      | Discuss self-help, ADHD, OCD, wandering off, transition to middle school | Discuss Recurrence Rate of future pregnancies with parents | 23-valent pneumococcal vaccine if chronic or pulmonary disease. | AAI: See AAP Guidelines page 399 - X-rays only if myopathic signs or symptoms | Follow up to be determined by Cardiologist

1. Discuss Recurrence Rate of future pregnancies with parents
2. 23-valent pneumococcal vaccine if chronic or pulmonary disease.
3. AAI: See AAP Guidelines page 399 - X-rays only if myopathic signs or symptoms
4. Follow up to be determined by Cardiologist

* Peds 2011;128:393-406 Chart by Sie Center for Down Syndrome

Updated 09/2019