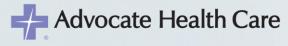


COVID19 and Down syndrome

Medical Overview

April 17, 2020 | Brian Chicoine, MD



We are AdvocateAuroraHealth

The Adult Down Syndrome Center

- -Opened in 1992
- -6000+ adolescents and adults served
- -7000+ patient encounters per year

Risk

- —We don't clearly know what the risk is for people with DS
- Susceptibility to respiratory infections and (very) limited data from a previous large influenza outbreak suggest increased risk
- –My advice is be conservative

CDC: risk factors

- Age- > 65 -effect of early aging?
- Nursing home or long-term care facility (residential facilities)--Staff in and out
- Chronic lung disease
 - More susceptible to respiratory infections
- Serious heart conditions
 - -Mild residual-probably not
- Immunocompromised (DS?)

Risk factors, continued

- Obesity- particularly BMI >40
- Diabetes
- People with DS don't seem to be at higher risk:
 - Kidney disease requiring dialysis
 - –Liver disease
- Sleep apnea??

Minimize risk

- -Handwashing, physical distancing, etc
- -Work
- Residential facilities

Supporting people with Down syndrome

- -Structure/routine
- —Physical activity- outdoors
- -Sleep- including routine
- —Healthy eating
- -Visuals
 - Calendars, Schedules, Pictures, Videos

Resources

https://adscresources.advocatehealth.com

