

# Down Syndrome Association OF NORTHEAST OHIO



## Medical News

March 21, 2024

### World Down Syndrome Day

In 2011, the General Assembly of the United Nations declared that March 21<sup>st</sup>, 3-21, is world Down Syndrome Day. It is a day of celebration, a day to spread awareness about people with Down syndrome and the incredible lives they lead. The Down Syndrome Association of Northeast Ohio envisions a community where people with Down syndrome have limitless opportunities and the ability to pursue their dreams. <https://www.un.org/en/observances/down-syndrome-day>



### Message from Dr. Laura Cifra-Bean

Hearing and vision issues are very common in people with Ds and can have serious consequences throughout the lifespan. For an infant or child, they can affect learning and development. For an older person they can contribute to cognitive decline. Treating the cause of hearing or vision difficulties results in improved quality of life and ability to do activities of daily living. For these reasons, regular hearing and vision screenings are recommended for people with Down syndrome at all ages.



DSANEO is hosting a free vision and hearing screening for **adults with Ds, age 18 and up**.

May 11, 2024, 9:30 am to 2:00 pm  
DSANEO office  
6533-B Brecksville Road  
Independence, Ohio

If you know an individual who would benefit from this, have them email [Debbie@dsaneo.org](mailto:Debbie@dsaneo.org).

### Ophthalmologic Issues in Down syndrome

Jain A, Boyd NK, Paulsen KC, Vogel BN, Nguyen L, Santoro JD. Ophthalmologic and neuro-ophthalmologic findings in children with Down syndrome. Am J Med Genet C Semin Med Genet. 2023 Dec;193(4):e32068. doi: 10.1002/ajmg.c.32068. Epub 2023 Oct 4. PMID: 37794641.

[Ophthalmologic and neuro-ophthalmologic findings in children with Down syndrome - Jain - 2023 - American Journal of Medical Genetics Part C: Seminars in Medical Genetics - Wiley Online Library](#)

*There are many eye problems associated with Ds including strabismus, nystagmus, blepharitis, refractive errors, decreased visual acuity, and cortical visual impairment. **Congenital cataracts occur ten times more often in babies***

*with Ds. Also, people with Ds have a 30 times higher risk of keratoconus. It is important that people with Ds get regular ophthalmologic screening as they may have difficulty realizing or telling someone that they are having trouble seeing.*

Imbornoni LM, Wise RE, Taravella MJ, Hickey F, McCourt EA. Keratoconus and corneal morphology in patients with Down syndrome at a pediatric hospital. J AAPOS. 2020 Jun;24(3):140.e1-140.e5. doi: 10.1016/j.jaapos.2020.02.004. Epub 2020 May 27. PMID: 32473288.

[Keratoconus and corneal morphology in patients with Down syndrome at a pediatric hospital - Journal of American Association for Pediatric Ophthalmology and Strabismus {JAAPOS}](#)

*This retrospective review of patients with Ds found that **10 out of 31 patients had suspect keratoconus or definite keratoconus in at least one eye.** The corneas were steeper and thinner than controls.*

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## Ear, Nose and Throat Issues in Down syndrome

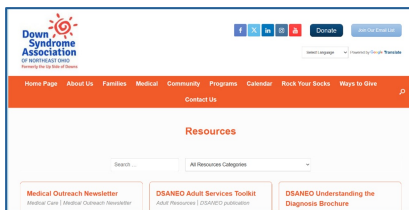
Zalzal HG, Lawlor CM. Down Syndrome for the Otolaryngologist: A Review. JAMA Otolaryngol Head Neck Surg. 2023 Apr 1;149(4):360-367. doi: 10.1001/jamaoto.2023.0001. PMID: 36862403.

[Down Syndrome for the Otolaryngologist: A Review | Congenital Defects | JAMA Otolaryngology–Head & Neck Surgery | JAMA Network](#)

*This review details the common ENT problems experienced by people with Ds including hearing loss, sleep apnea, airway abnormalities, swallowing dysfunction, and frequent ear and sinus infections.*

Sleep Apnea Webinar – DSANEO was fortunate to have Dr. Ibrahim, a sleep specialist, and Dr. Shah, an ENT, review obstructive sleep apnea and current treatment options.

<https://www.youtube.com/watch?v=wVvLKqkmJZc>



## From DSANEO

Searchable Resource Library – Our new library puts information from varied sources together in a way that is easy for families and professionals to use. It will be continually updated to make sure our community has access to the most current information.

<https://www.dsaneo.org/resources/>

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## From Assistive Technology of Ohio

Computers for Ohioans with Disabilities

This program helps people with disabilities get computers at a greatly reduced cost.

<https://atohio.org/computer-refurbishing-program>



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