


# COVID19 and Down syndrome

## Medical Overview

April 17, 2020 | Brian Chicoine, MD

 Advocate Health Care

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://adsresources.advocatehealth.com>

The screenshot shows the website's search results for the term 'covid'. At the top, the header includes the Advocate Medical Group logo and name, navigation links for Contact, FAQ, and News, a search bar containing 'covid', and a MENU icon. Below the header is a purple navigation bar with icons and text for Resources, Media Gallery, Events, Classes & Programs, Related Organizations, Projects, and About the Center. The main content area features a banner image of a person reading with the text 'Search our Resources' and 'For people with Down syndrome, family members, caregivers and professionals.' Below the banner, the breadcrumb 'Home > Search' is visible. A 'Navigate' section on the left lists categories: People With Down Syndrome, Families and Caregivers, and Health Care Professionals. A 'Narrow Results' button is also present. The search results area shows 'Home > covid' and a button to 'Review our COVID-19 Resources'. A 'Sort By' dropdown is set to 'Best Match', and the page is identified as 'Page 1 of 1'. The search results list includes a title 'COVID-19 Resources' and an author 'Author: Adult Down Syndrome Center - Resource List'.