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| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Birth | 6 mo | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| Genetic Counseling1, Karyotype |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Parent Group Info and Support |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CBC to R/O transient myeloproliferative disorder, polycythemia | Parent-to-parent contact, support groups, current books and pamphlets |
| Swallowing assessment if feeding problems or aspiration |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Hemoglobin |  |  | 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. |
| 23-valent pneumococcal vaccine2 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Cardiology | Echo4 |  |  |  |  |  |  |  |  |  |  |  |  |  | Screen for acquired mitral or aortic valvular disease |
| Audiological Evaluation | ABR or OAE | Every 6 months till 3 years of age. Annually thereafter. |  |  |  |
| Ophthalmologic Evaluation | Red Reflex | OpthoAppt | Annual ophthalmology appt | Q2 Ophthalmology appointment | Q3 Ophthalmology appointment |
| Celiac Disease Screening |  |  |  |  | (Only test if signs and symptoms present) |
| Thyroid – TSH, T4 | State Screen | Test | Test | Test TSH and T4 annually |
| Neck X-ray (AAI) 3 |  |  |  |  | ✓3 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Dental Exam |  |  | Annual Dental Exams. Reassure parents that delayed or irregular eruption, hypodontia are common. |
| Sleep Study by age 4 years | Done prior to 4 years of age |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Early Intervention |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| Childhood |  |  |  |  | Discuss self-help, ADHD, OCD, wandering off, transition to middle school |
| Puberty |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Discuss physical and psychosocial changes through puberty, need for gynecologic care (pelvic exams) in pubescent female |
| Facilitate transition |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Guardianship, financial planning, behavioral problems, school placement, vocational training, independence with hygiene and self-care, group home, work settings |
| Sexual development and behaviors |  |  |  |  |  |  |  |  |  |  |  |  |  |  | Discuss Contraception, STDs, recurrence risk for offspring |
| Preventive care | Annually monitor for signs and symptoms of constipation, OSA, and aspiration.  |

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 \* **Peds  2011 ;128 :393-406 Chart by Sie Center for Down Syndrome**
4. Follow up to be determined by Cardiologist Updated 09/2013