

DOWN'S SYNDROME GROWTH

Key points

(Based on DSMIG guidelines for basic essential medical surveillance)

Short stature is a recognised feature of most people with Down's syndrome. Appropriate growth monitoring is essential. Those who are excessively short or underweight may have additional pathology which requires investigation and treatment.

Down's specific growth charts provide essential reference values. The possibility of additional pathology should be considered for those falling in the lower centiles who do not have congenital heart disease.

Weight for height should be assessed using standard BMI charts.

Overweight/obesity is not inevitable and should always be thoroughly assessed.

The use of growth hormone remains investigational and is not currently recommended.