

DOWN'S SYNDROME : RESPIRATORY DISORDERS

Key Points

(mainly based on conference paper by Dr Iolo Doull at RSM conference. April 2001)

- **Primary cause of morbidity and/or hospital admission particularly in young children**
- **Little published research. Significance of problems often underrecognised. Specialist investigation and treatment often necessary but often not sought..**
- **Increased prevalence sleep related upper airway obstruction and lower airway disease**
- **Underlying pathology often multifactorial**
- **Lower airway problems - Contributory factors include:**
 - Gastro-oesophageal reflux
 - Hypotonia
 - Relative obesity
 - Immune dysfunction
 - Cardiac disease
 - Large airway compression
 - Small lower airway volume
 - Tracheobronchomalacia
 - Pulmonary hypoplasia
 - Subpleural cysts
- **Upper airway problems – contributory factors include**
 - Hypotonia
 - Obesity
 - mid-face hypoplasia
 - relative glossoptosis
 - small upper airway volume
 - increased secretions
 - nasal congestion
 - tonsils and adenoids
- **Important to recognise possibility of gastro-oesophageal reflux. Investigate as necessary and treat aggressively**
- **Attempt to eradicate nasal congestion**
 - Mechanical decongestion – Nuk decongester
 - Intermittent continuous low dose antibiotics
 - Trial cow's milk free diet
- **Treat chronic lower airway disease aggressively**
 - Continuous prophylactic antibiotics
 - Regular inhaled corticosteroids