

# Your Health



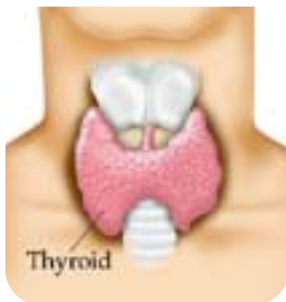
## People with Down's Syndrome Signs and changes in behaviour to look out for:



**This could be signs of heart disease:**

- Chest Pain
- Shortness of breath
- Dizziness
- Anxiety
- Feeling panicky

**This could be signs of thyroid problems:**



- Fatigue
- Weight gain
- Constipation
- Loss of hair
- yellow skin

**HYPOTHYROIDISM**

- Weigh loss
- unable to sleep (insomnia)
- nervousness
- frequent bowel movement

**HYPERTHYROIDISM**



**This could be signs of mobility problems:**

- pain in ear and neck area
- Deterioration of gait
- Reduced bladder/ bowel control
- Recurrent joint/ muscle injuries
- Falls



### **This could be signs of sensory impairment:**

Ignoring instructions  
Mobility problems  
Loss of confidence  
Shouting or raised voice  
lack of concentration  
playing music louder

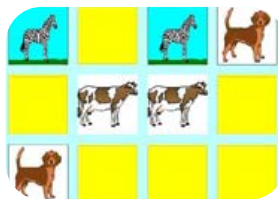


### **This could be signs of mental health problems:**

Problems with concentration  
Being irritable **Stress**  
Decline in ability



Disturbed sleep  
Loss of appetite **Depression**  
Low mood  
withdrawal from activities  
being tearful



Loss of memory  
Loss of skills **Dementia**  
Change in mood  
Language Difficulties  
Sleep disturbance



**In case you want to find out more,  
you can phone the Westminster  
Learning Disability Partnership on  
020 7641 7411 or Stephan on  
020 7150 8046.**