

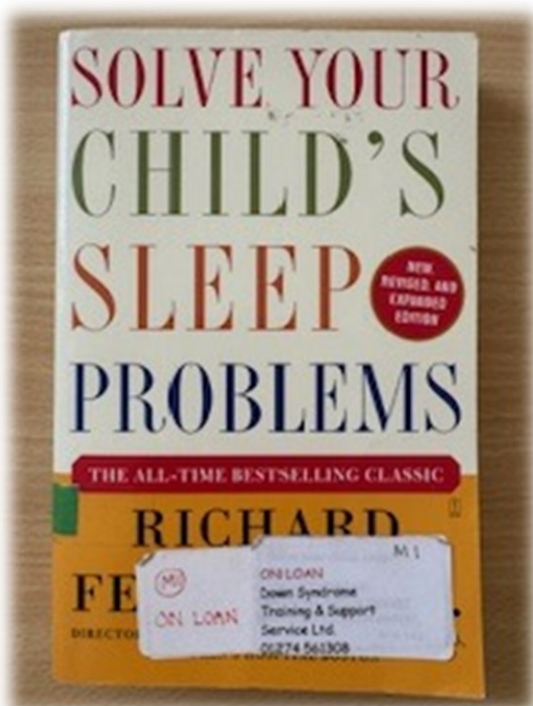
Medical and Health Issues (M)



Down Syndrome and Training Support Service Ltd
Education Inclusion Development
Registered Charity 1130994
Company registered in England and Wales 6915555

Medical and Health Issues

*Can be downloaded directly from the DSA website www.down-syndrome.org.uk



M1: Solve Your Child's Sleep Problems Book

Author: Richard Ferber

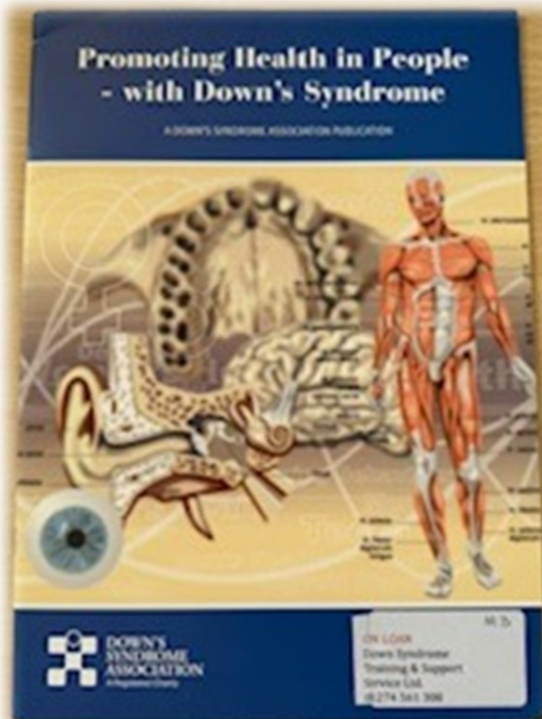
For those in need of a full night's sleep, this book is full of practical advice.



M2: Hearing Problems in Children with Down Syndrome*

Booklet produced by the DSA and NDCS

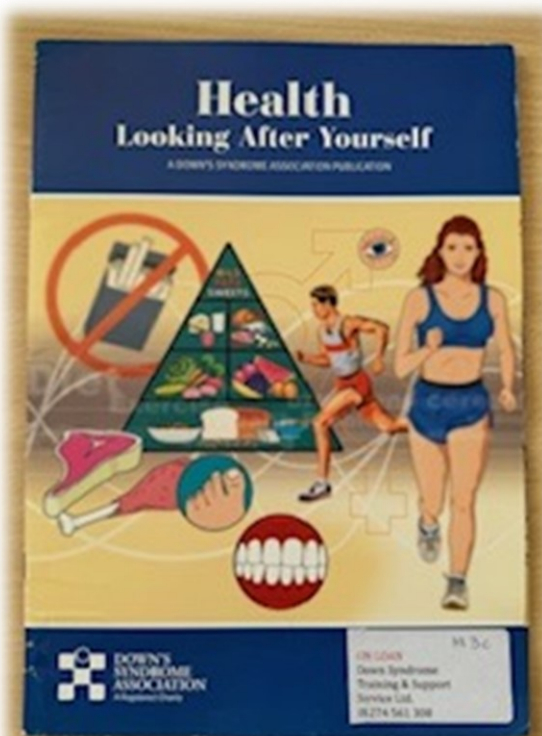
Notes for parents and carers.



M3: Promoting Health in People with Down Syndrome*

Booklet for carers, produced by the DSA

The aim of this booklet is to raise awareness of common medical conditions that are often missed/misdiagnosed. Includes a personal health record that can be used as a point of reference for both carers and health professionals.



M3: Looking After Yourself*

Booklet by DSA

Promotes a healthy lifestyle, looking at ways to improve health and keep well.



M4: Eye Problems in Children with Down Syndrome*

DSA booklet for parents and carers

M5: Atlanto-Axial Instability Among People with Down Syndrome*

A DSA booklet for parents and carers



M6: Thyroid Disorder Among People with Down Syndrome*

DSA booklet aimed at parents and carers



M7: Gastrointestinal Problems in People with Down Syndrome*

A DSA article with useful information



M8: Managing Sleep Problems in Children with Down Syndrome*

A DSA leaflet for parents and carers



M9: Down Syndrome - A New Parents' Guide*

DSA booklet

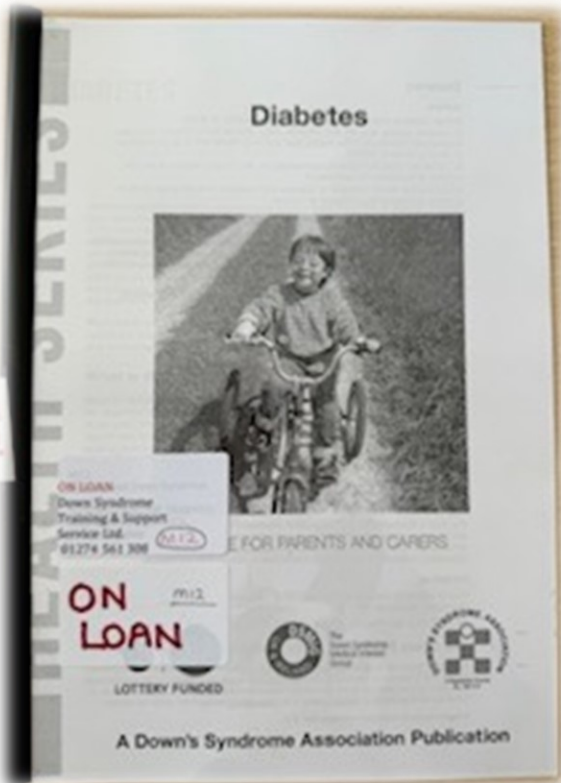
M10: Anxiety

NHS booklet



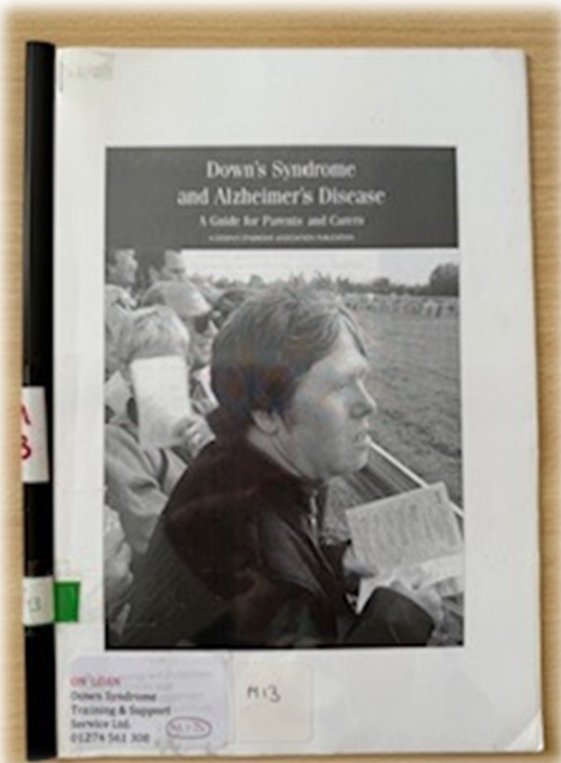
M11: Preparation for Menstruation*

DSA article aimed mainly at parents and carers, but with some sections suitable to share with a young woman approaching menstruation



M12: Diabetes and Down's Syndrome*

DSA booklet for parents and carers



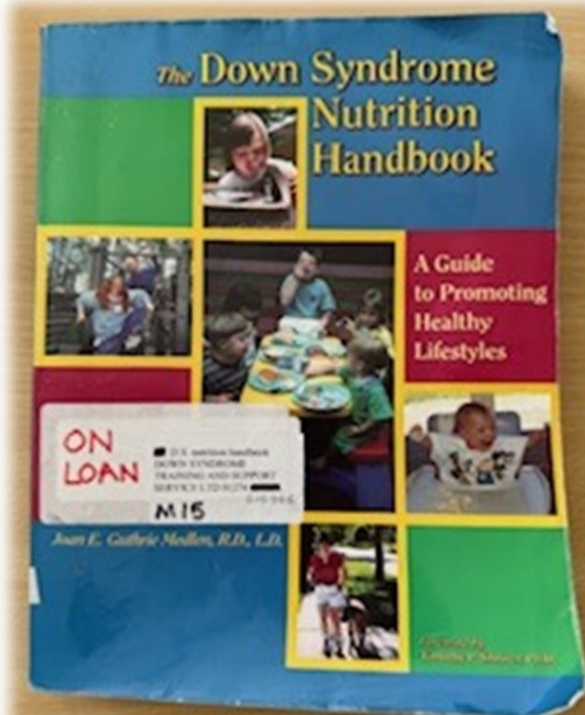
M13: Down Syndrome - Ageing and Alzheimer's Disease

DSA booklet for parents and carers



M14: Depression in People with a Learning Disability*

DSA leaflet for parents and carers

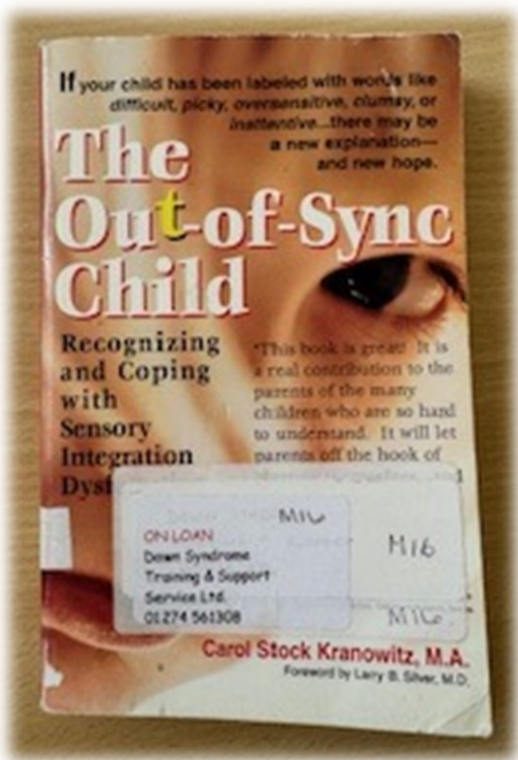


M15: The Down's Syndrome Nutrition Handbook

Book

DSA

An informative book looking at all aspects of nutrition and healthy living for children with Down Syndrome from birth through to young adulthood.

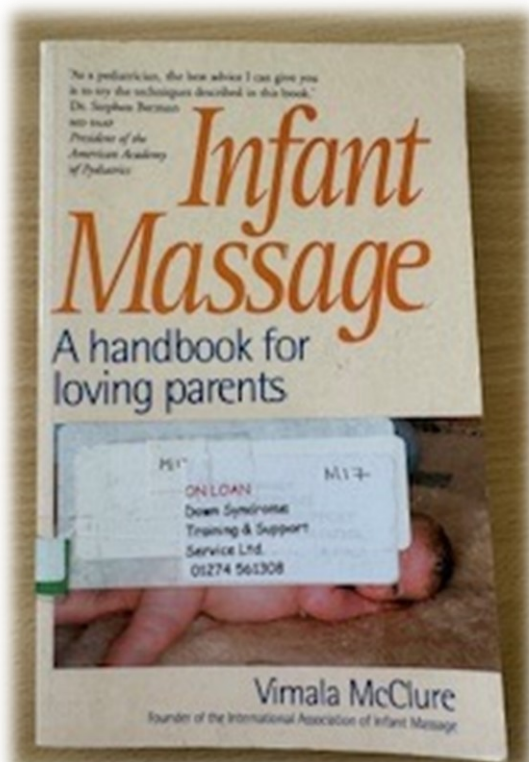


M16: The Out of Sync Child

Book

Author: Carol Stock Kranowitz

Looking at the senses and tactile emotions - some children with Down Syndrome can be over or under sensitive. This book discusses different sensitivities and strategies to manage this.



M17: Infant Massage

Book

Author: Vimala McClure

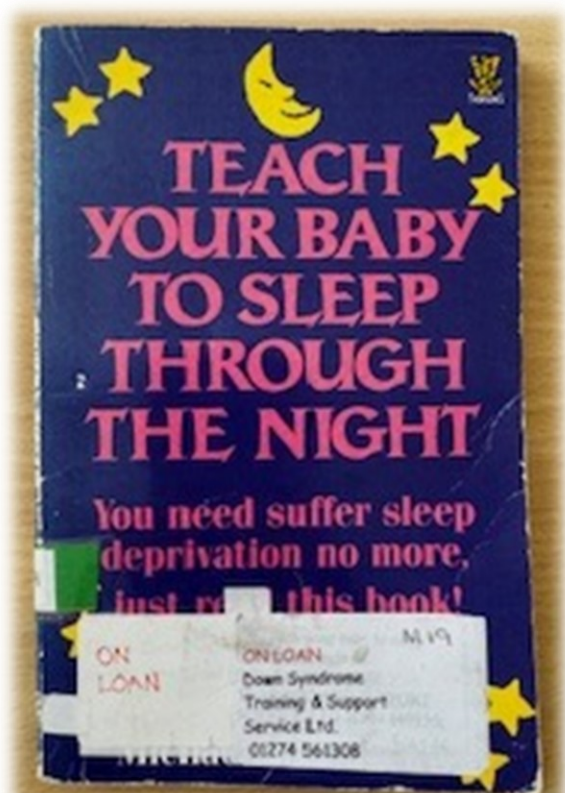
ISBN 0285636170

Information on how to give your baby a massage and the benefits to be gained.



M18: DVD, Hear from the Start - Two Years with Baha

DVD featuring experiences of the bone anchored hearing aid



M19: Teach Your Baby to Sleep Through the Night

Book

Author: CE Schaefer & MR Petronko

ISBN 0722517742

A book offering a programme to help conquer sleepless nights.

M20: Bobby Can Use The Toilet

Author: Charmaine Champ

ISBN 978-0-9576601-2-0

Charmaine Champ



BOBBY CAN USE THE TOILET

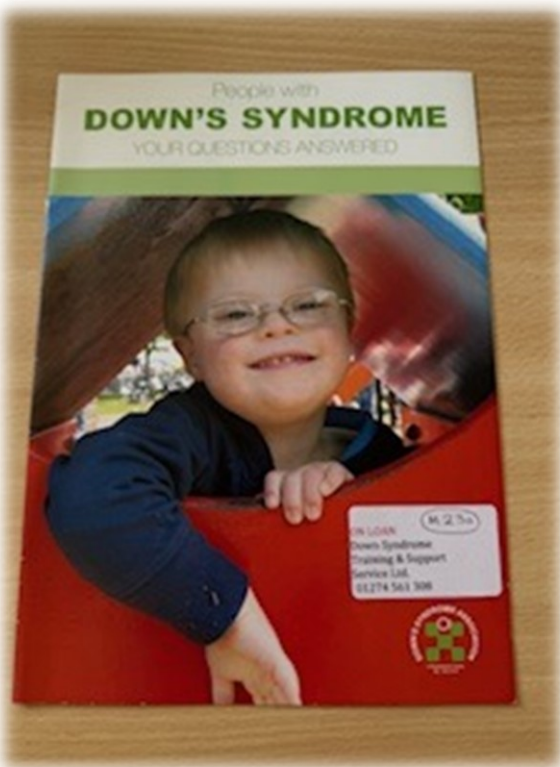
Including a PULL-OUT SUMMARY CHART

interconnections



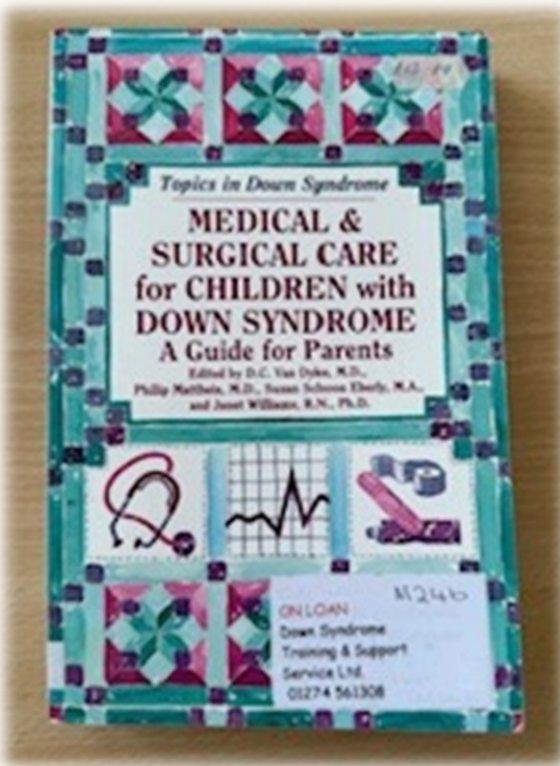
M21: Testing for Down Syndrome in Pregnancy*

A booklet produced by the National Screening Committee offering information about testing



M23: People with Down's Syndrome - Your Questions Answered*

A DSA booklet for new parents



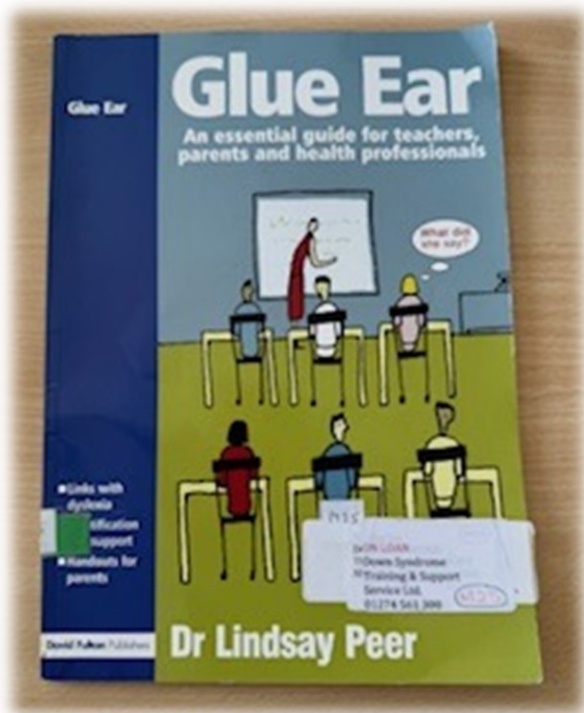
M24: Surgical & Medical Care for Children with Down Syndrome - A Guide for Parents

Book

Author: DC Van Dyke

ISBN 0-933149-54-9

Written by a team of 25 authors who are experts in the fields of medicine, dentistry, psychology, nursing, nutrition, and rehabilitation. This book is designed to give parents a complete and easy to understand overview of specific medical conditions common among children with Down Syndrome.



M25: Glue Ear - An Essential Guide for Teachers, Parents & Health Professionals

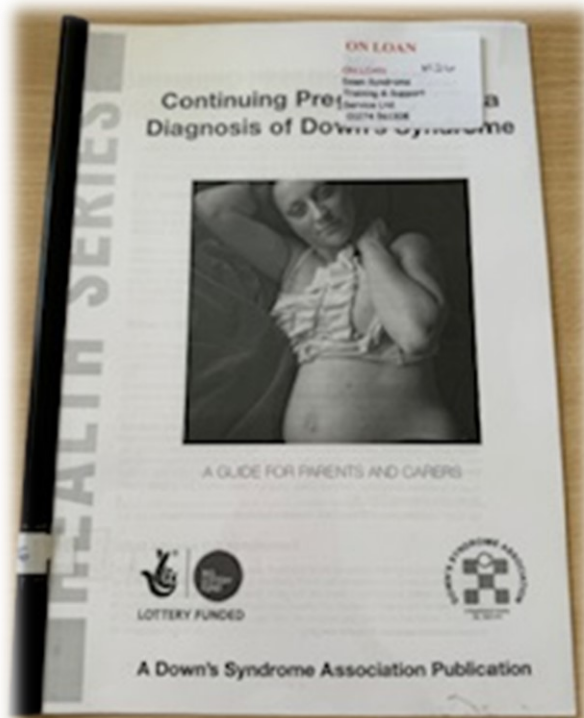
Book

Author: Lindsey Peer

ISBN 1843123525

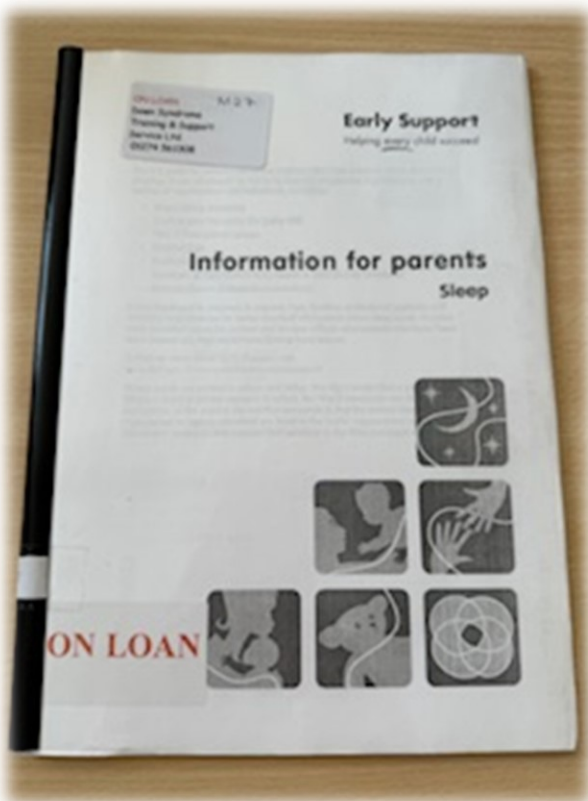
This book is aimed at the 15 to 20% of typically developing children who have glue ear between the ages of 2 and 5. As we know this percentage is much greater for children with Down syndrome (75%) and can continue to effect hearing for many years. Recent studies show that up to 70% of

students with dyslexia experienced glue ear in their early years. This book looks at what glue ear is and the implications for speech development, behaviour, reading, spelling, listening and self-esteem. It also includes strategies to help at home and in school.



M26: Continuing Pregnancy with a Diagnosis of Down Syndrome - A Guide for Parents

A DSA booklet for people expecting a baby with Down Syndrome

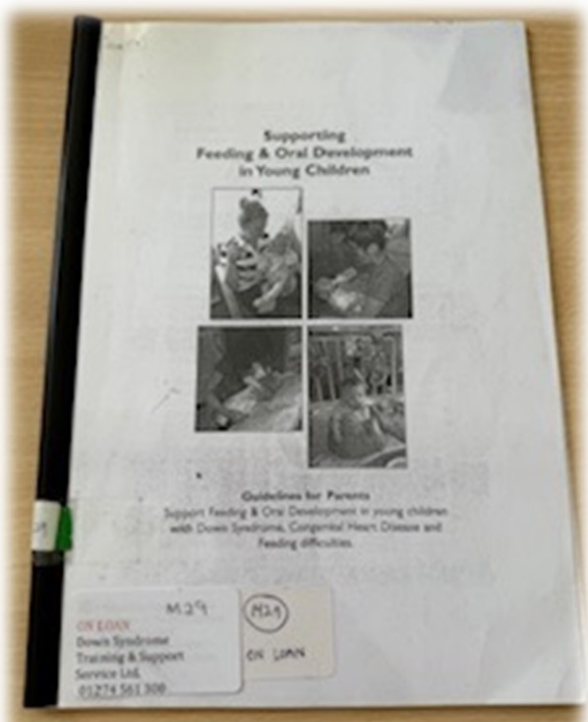


M27: Information for Parents - Sleep

Produced by the Dept. of Education - Search publications.education.gov.uk to access the Dept. of Education online publications and download free.

Ref ES82

This booklet was developed by the Early Support Programme in partnership with a number of organisations and individuals. It examines why sleep problems may occur and gives ideas to try at home to help a child have a better night's sleep.



M29: Supporting Feeding and Oral Development in Young Children

Booklet published by Down Syndrome Ireland

A guide for parents of young children with Down Syndrome on feeding, feeding difficulties and congenital heart disease.



M30: A Guide to Good Health for Teens and Adults with Down Syndrome - Urology

Extract from a book by Brian Chicoine and Dennis McGuire

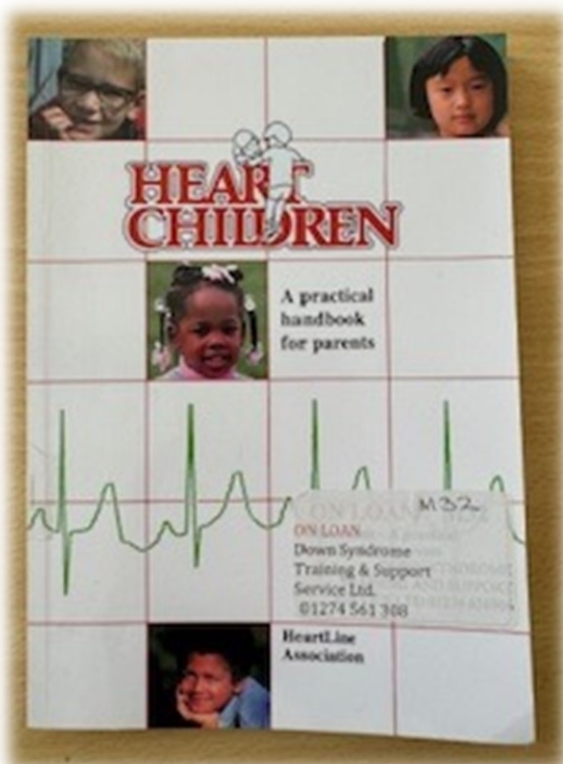
A really interesting and useful chapter about urology. Looks at problems related to difficulties in emptying the bladder (such as not emptying the bladder often enough or completely), with possible treatments. Kidney problems and circumcision are also discussed.



M31: Down Syndrome and Childhood Deafness

Information booklet for families, produced by DSA & NDCS

A very informative booklet outlining hearing, hearing tests, glue ear, communication tips and support.



M32: Heart Children - A Practical Handbook for Parents

Published by the HeartLine Association

ISBN 978-0-9515270-3-0

A book written for parents who have a child with a heart condition. The aims of this book are to explain complicated terminology to parents and share experiences.



M35: Understanding Hirschsprung's Disease - A Guide for Parents & Carers

A booklet designed to help those involved with the care of children with Hirschsprung's disease to understand what it is, the treatment involved and why long-term bowel management is so important



M36: Understanding Ano-Rectal Malformation

A booklet designed to help those involved with the care of children with ARM to understand what it is, the treatment involved and why long-term bowel management is so important



M37: Understanding Bowel Problems in School

A booklet offering advice and practical solutions for children with bladder and bowel problems



M38: Understanding Bowel Training for Children with Hirschsprungs Disease and Other Ano Rectal Malformations

A booklet for both parents and professionals offering lots of practical advice. Understanding bowel training for children with Hirschsprungs disease and other Ano-Rectal malformations



M39-43: Down's Syndrome Association Health Series

A collection of guides for parents and carers

M39 Oral Health Care

M40 Bereavement

M41 Ageing & its Consequences

M42 Sexual Health

M43 Epileptic Spasms in Children



M44: DSA Health Book

Booklet produced by the DSA

A adults, people with Down Syndrome should have annual health checks, usually with their GP. This booklet is a checklist that can be used to ensure a thorough health check is completed.



M45: The Essential Guide to Health Care for Adults with Down Syndrome

A practical guide for professionals, support workers and family members on the health care needs of adults with Down Syndrome

British Institute of Learning Disability

ISBN 978-1-905218-30-1

A straightforward and practical book dealing with both minor and more serious health problems that adults with Down Syndrome may experience