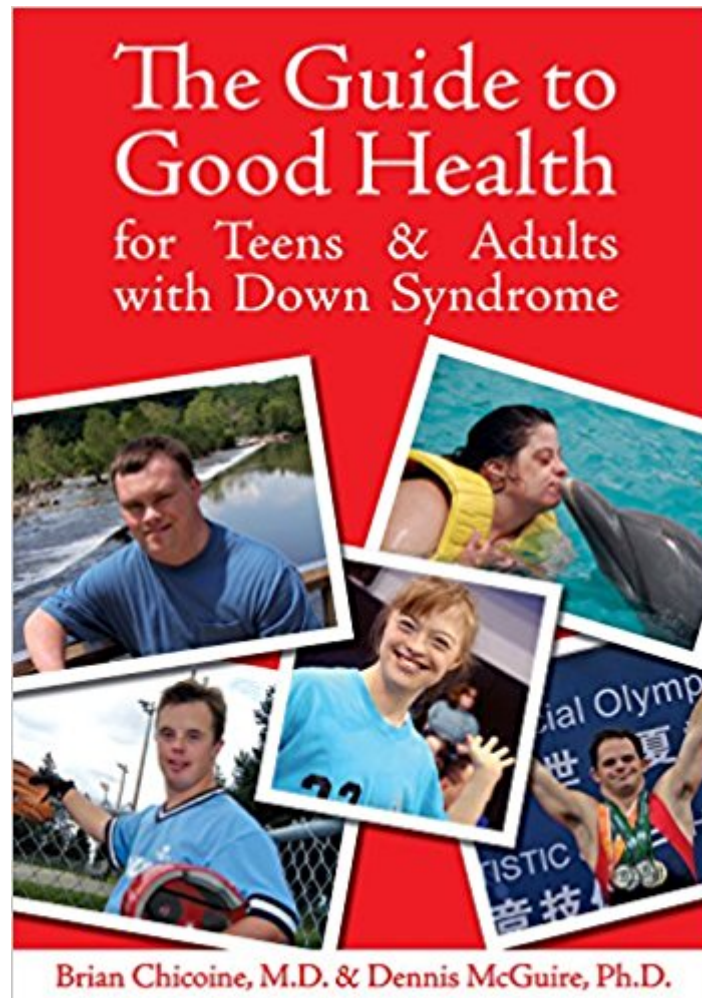


The book was found

The Guide To Good Health For Teens & Adults With Down Syndrome



Synopsis

2010 ForeWord Reviews Book of the Year Silver Award Winner, Health Category Chosen as a Library Journal Best Consumer Health Book of 2010 The authors of the bestselling *Mental Wellness in Adults with Down Syndrome* turn their attention to the physical health of teens and adults with Down syndrome. Drs. Chicoine and McGuire provide invaluable insight into what health problems are more common in their patients, and how medical issues can present differently in people with Down syndrome. In a clear, empathetic style, they discuss how to promote a healthy lifestyle to prevent problems, and how to recognize health problems early on to ensure appropriate care and the best outcome. *THE GUIDE TO GOOD HEALTH* is a resource families and caregivers can refer to over and over again, whether it is to find strategies to get a teen or adult to cooperate with treatment, or to consider if a symptom is being misdiagnosed or misunderstood. Key topics include: -Characteristics of Down syndrome that can affect health care; -More commonly occurring medical issues; -The connection between mental & physical health; -Dealing with hospitalizations; -Long term health and well being throughout the lifespan; -Advance directives and end of life issues; -Specific medical conditions (ranging from skin and nail problems, eye, nose and throat issues, and cardiac concerns, to thyroid disorder, diabetes, Alzheimer disease, and sleep problems). For each condition, the authors discuss symptoms, the diagnostic process, and treatment options. Real-life examples from the authors decades of experience help to illustrate how some medical problems can mistakenly be attributed to characteristics of Down syndrome. As the average person with Down syndrome lives considerably longer than in previous generations, *THE GUIDE TO GOOD HEALTH* can also help families know what to expect during the aging process.

Book Information

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Customer Reviews

*Chicoine and McGuire founded Chicago's Adult Down Syndrome Clinic in 1992 to meet the health needs of adolescent and adult Down Syndrome (DS) people. While care for DS children can be very good, quality appears to drop as they age and move out of pediatric practices. This excellent book provides a wealth of information for DS caregivers, including how to find a physician who will provide a comprehensive medical home. Health problems may be difficult to diagnose and treat because of communication and mental challenges; guidelines for teaching health-promoting behaviors and correctly 'reading' health distress signals are clear and well written. Diagnosis, treatment, and prevention of common health conditions impacting DS people are described. Mental and emotional issues that can affect physical health are covered. Sexuality and birth control are discussed, as is abuse prevention. Information on residential option as well as end of life issues is provided. VERDICT This is an extremely informational volume that should have a place in all consumer health libraries serving patrons with DS. --Library Journal (*starred review), August 17, 2010 [A] must-have for parents and caretakers of adolescents and adults with Down syndrome. In twenty-three exhaustive chapters on everything from thyroid problems to cancer to sleep issues, the authors explain in plain English the common medical problems the Down syndrome population can experience. --Mile High Down Syndrome Association's Down's Update, January/February 2011 Chicoine and McGuire have more experience caring for the physical and mental health of teens and adults with Down syndrome than anyone. Their experience has produced THE GUIDE TO GOOD HEALTH FOR TEENS & ADULTS WITH DOWN SYNDROME which is filled with thoughtful, practical advice and written in a straight forward style making their recommendations accessible for families and healthcare professionals. They have simplified the complex and interrelated physical and mental health issues found in Down syndrome and produced an incredible guide. - Nancy J. Roizen, M.D. Director, Division of Developmental-Behavioral Pediatrics, Rainbow Babies and Children's Hospital, Cincinnati, Ohio

Brian Chicoine, M.D., is the Medical Director of the Adult Down Syndrome Center of Lutheran General Hospital in suburban Chicago. Dennis McGuire, Ph.D., is the Director of Psychosocial Services for the Adult Down Syndrome Center. Together they founded The Center in 1992 and have served more than 4,000 adults with Down syndrome since its inception.

This book was done for the help of parents that have adults and also teens with down syndrome. There are quite a few doctors that are not as knowledgeable in caring for Down Syndrome people. They do not understand as to what that person is suffering due to the lack of communication on the person and the not enough understanding in the doctor. This book makes it very understandable in which we as parents can show our physician what can be done and what tests we can request. We as parents and guardians need to somewhat educate our medical community and not be afraid to do what is right for our family members. And this book is excellent

I have not completed the book yet as I was distracted by "Mental Wellness in Adults with Down Syndrome" my son is 56 and we have maneuvered through many issues this publication hit home with. It is always good to hear about other experiences, it helps us feel we do not come from another planet but perhaps just another zone.

this is a wonderful book! thanks goes out to the writers!! its so hard to find material and info for adults with down syndrome. this is an excellent reference guide, also with great tips. brings understanding to living with and living with someone with downs. and what to do for care currently and in the future. very easy to read, not too much over the head info in this book. i would highly recommend to anyone living with or even family members of someone with downs.

This book should be a must for anyone, parent, caregiver, or professional who deal with special down syndrome teens or adults. It's comprehensive, easy to read and understand. It opens our eyes into the thinking of a person dealing with their physical & mental problems; and since the life span is longer for this population it is good to be prepared to any possible problems. You can tell the authors truly understand and love their patients.

I highly recommend this book it's worth the price. As my daughter aged and certain things were happening I went to this book for directions. Most doctors don't understand Down Syndrome or the effects medications and certain treatments have on the individual with Downs. I referred to this book at times with my daughter's doctors.

Very helpful

Helpful for research. Plus bought one for my brother's caregiver. my 61 year old brother with downs

is having health problems. This book has been extremely helpful in researching his symptoms. I recommend to anyone with down syndrome adults.

EXCELLENT helps me to know what to look for and monitor for persons with Downs and their special health issues that I don't face invaluable to on going caregivers of persons with Downs

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