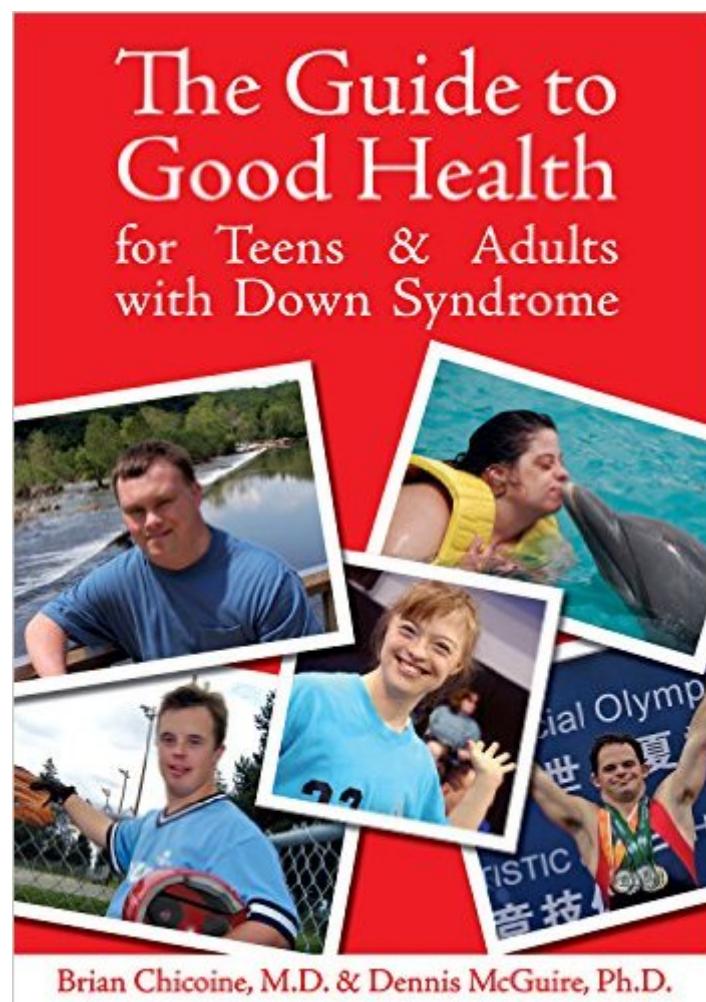


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# The Guide To Good Health For Teens & Adults With Down Syndrome



## 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's 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

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 was done for the help of parents that have adults and also teens with down syndrome. Their 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 understand in the doctor. This book makes if 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 education our medical community and not be afraid to do what is right for our family members. And this book is excellent

Wow! I wish I could sit down and read this book all day. I have learned more in the first 20 pages of this book than I learned in the previous 44 years spent raising a daughter with Down Syndrome. The authors provide such good advise on choosing a physician, communicating, self talk, imaginary friends, pain, memory and grief. These are such universal and important issues for parents and family to know about. I identified one small thing I can do immediately to help my daughter learn more easily. The book suggests using more visual instruction to show her how to do things rather than just telling her what I want her to do. This seems so simple but so effective. I am the cofounder of [adaddysheart.com](http://adaddysheart.com) which is a site to help parents of developmentally disabled adults, like myself. This book has helped me so much and I know it will help you too. I highly recommend it for anyone who knows and loves someone with Down Syndrome.

With Down Syndrome, it takes a different approach to maintain a healthy life. "The Guide to Good Health: For Teens & Adults with Down Syndrome" is a discussion of Down syndrome the problem that can occur in individuals with the disorder later in life and the special care needed to counter and prevent them from becoming serious issues. With much thought on the connection of spiritual and mental health, issues regarding the end of life, and specific conditions discussed, "The Guide to

Good Health" is a fine volume for one who is caring for another with Down Syndrome.

This book should be a must for anyone, parent, caregiver, or professional who deal with special down syndrome teeens 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 daughters doctors.

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.

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