

# EHLERS DANLOS SYNDROME

## WHAT IS IT?

An inherited connective tissue disorder where a gene mutation creates weakened collagen throughout the body. Collagen is a building block of several different systems throughout the body: musculoskeletal, neurological, gastrointestinal, and cardiovascular. This can cause a number of different symptoms with a wide variety of presentation between people

## POSSIBLE SYMPTOMS

### **Musculoskeletal**

pain, dislocations, muscle tightness, poor posture, headaches, chronic fatigue

### **Cardiovascular**

lightheadedness, dizziness, poor endurance, fainting, referred heart pain

### **Gastrointestinal**

constipation, IBS, issues with eating GERD, bloating

### **Neurological**

poor balance, poor coordination, increased pain perception

### **Other**

easy bruising, skin hyperextensibility, poor immune system, anxiety, depression, issues sleeping

# CONSIDERATIONS FOR DENTIST

- Hypermobility throughout the jaw and cervical spine
- Possible dizziness and light headedness with quick positional changes
- Require larger than normal doses of pain medication
- Anesthesia may have side effects

## MODIFICATIONS FOR PATIENTS

- Do not rest on the patient's jaw due to jaw and neck hypermobility
- Allow patient to take breaks to change jaw position
- Use a small pillow behind neck and/or low back to decrease irritation
- Hydrate afterwards