



Autism and Ehlers-Danlos Syndrome

What is Ehlers-Danlos Syndrome (EDS)?

- ◆ EDS is a hereditary connective tissue disorder.
- ◆ There are 13 subtypes one of which is hyper-mobile EDS - (hEDS)

What is hEDS?

- ◆ hEDS characterized by:
 - ◆ generalized hyper mobility of joints
- ◆ Additional associated features include but are not limited to:
 - ◆ Dysautonomia (e.g., Postural Orthostatic Tachycardia Syndrome (POTS))
 - ◆ Proprioceptive impairment
 - ◆ Orthopedic issues (e.g, sprains)
 - ◆ Pain
 - ◆ Fatigue
 - ◆ Sleep issues
 - ◆ Sensory sensitivities
 - ◆ Hypotonia
 - ◆ Functional GI disorders

What might dysautonomia look like if my child can't tell me with words how they are feeling?

- ◆ "Challenging behaviors" (e.g., lying down and refusing to move)
- ◆ Resistance to changing position / transitions
- ◆ Refusing activities
- ◆ Seeking proprioceptive inputs

Can hEDS become more apparent with age?

- ◆ Yes! Research suggests that a large portion of girls do not seek medical care until puberty when the symptoms and consequent problems seem to increase

What is the relationship between Autism and hEDS?

- ◆ Research suggests a significant correlation between diagnoses of hEDS and Autism
- ◆ A recent study reported that 6% of hEDS patients in the study sample were also diagnosed with Autism (a much higher percentage than expected in the general public)

Should I ask my doctor / my child's doctor about EDS?

- ◆ Do you / your child have joint hyper-mobility?
 - ◆ If you answered "yes," mentioning EDS to your / your child's doctor is recommended
 - ◆ If you answered "no," there is likely no need to do so

Why should I ask my doctor / my child's doctor about EDS?

- ◆ The features often associated with hEDS may have significant impact on health.
- ◆ Monitoring and management of symptoms can greatly improve quality of life and engagement in daily activities

How is hEDS diagnosed?

- ◆ hEDS is a clinical diagnosis that involves screening for hyper mobility using a tool called the Beighton Scale
- ◆ A doctor familiar with hEDS will assess for additional factors such as family history and soft skin

Where can I find more information about EDS?

<https://www.ehlers-danlos.com>

And EDS link to Autism: <https://doi.org/10.2147/NDT.S290494>