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Ehlers-Danlos Syndrome

Also called: Cutis elastica, EDS

Ehlers-Danlos syndrome (EDS) is a group of inherited disorders that weaken **connective tissues** [<https://medlineplus.gov/connectivetissuedisorders.html>] . Connective tissues are proteins that support skin, bones, blood vessels, and other organs.

EDS usually affects your skin, joints and blood vessel walls. Symptoms include:


- Loose joints
- Fragile, small blood vessels
- Abnormal scar formation and wound healing
- Soft, velvety, stretchy skin that bruises easily

There are several types of EDS. They can range from mild to life-threatening. About 1 in 5,000 people has EDS. There is no cure. Treatment involves managing symptoms, often with medicines and physical therapy. It also includes learning how to protect your joints and prevent injuries.


Learn More

- Ehlers-Danlos syndrome [<https://medlineplus.gov/ency/article/001468.htm>] (Medical Encyclopedia)
Also in Spanish [<https://medlineplus.gov/spanish/ency/article/001468.htm>]
- Ehlers-Danlos Syndrome [<https://www.mayoclinic.org/diseases-conditions/ehlers-danlos-syndrome/symptoms-causes/syc-20362125?p=1>] (Mayo Foundation for Medical Education and Research)
- Ehlers-Danlos Syndrome Hypermobility Type [<https://live-the-marfan-foundation-site.pantheonsite.io/wp-content/uploads/2021/09/EDS-Hypermobility-Type.pdf>] (Marfan Foundation) - **PDF**

Genetics

- Ehlers-Danlos syndrome: MedlinePlus Genetics [<https://medlineplus.gov/genetics/condition/ehlers-danlos-syndrome>]
 (National Library of Medicine)

Clinical Trials

- ClinicalTrials.gov: Ehlers-Danlos Syndrome [<https://clinicaltrials.gov/search?cond=%22Ehlers-Danlos+Syndrome%22&aggFilters=status:not%20rec>]  (National Institutes of Health)

Journal Articles

References and abstracts from MEDLINE/PubMed (National Library of Medicine)

- Article: Sleep Characteristics in Individuals with Ehlers-Danlos Syndrome. [<https://www.ncbi.nlm.nih.gov/pubmed/40700114>]

Article: Exploring physical activity patterns in adolescents with hypermobility spectrum disorder or...
[<https://www.ncbi.nlm.nih.gov/pubmed/40629345>]

- Article: Pediatric pulmonary hemorrhage observed in non-vascular and vascular Ehlers-Danlos syndrome.
[<https://www.ncbi.nlm.nih.gov/pubmed/40598578>]
- Ehlers-Danlos Syndrome -- see more articles [<https://pubmed.ncbi.nlm.nih.gov/?term=%22Ehlers-Danlos+Syndrome%22%5Bmajr%3Anoexp%5D+AND+humans%5Bmh%5D+AND+english%5Bla%5D+AND+%22last+1+Year%22+%5Bedat%5D+NOT+%28letter%5Bpt%5D+OR+case+reports%5Bpt%5D+OR+editorial%5Bpt%5D+OR+comment%5Bpt%5D%29+AND+free+full+text%5Bsb%5D+>]

Find an Expert

- Find a Genetic Counselor [<https://findageneticcounselor.nsgc.org>] (National Society of Genetic Counselors)
Also in Spanish [<https://sp.findageneticcounselor.nsgc.org/>]



National Institutes of Health

The primary NIH organization for research on *Ehlers-Danlos Syndrome* is the National Institute of Arthritis and Musculoskeletal and Skin Diseases [<http://www.niams.nih.gov/>]

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