WHAT IS HEDS/HSD?

EDS
Stands for
Ehlers Danlos Syndromes
→ a group of 13 connective tissue disorders

HEDS
is the
most common form
of EDS
(Some sources suggest a prevalence
of 1:500)

HYPERMOBILE EDS (HEDS)
- Classical EDS (cEDS)
- Vascular EDS (vEDS)
- Periarticular EDS (pEDS)
- Hypervalgus EDS (hEDS)
- Severe limb laxity EDS (sEDS)
- Soft tissue laxity syndrome (sTLS)
- Arthrochalasis EDS (aEDS)
- Dermatologic EDS (dEDS)

TYPES OF EDS

CRITERION 1 - GENERALISED HYPERMOBILITY
Brighton score depending on age

VASCULAR FEATURES
- Poor wound healing
- Easy bruising

CRITERION 2 - 2 OR MORE OF FEATURES A, B + C

- Unusually soft, velvety skin
- Mild skin hyperextensibility
- Unilateral joint hypermobility
- Bilateral pigmented naevi of the heel
- Recurrent or multiple subcutaneous haematomas
- Atrophic scars in at least 2 sites
- Palpable hernia pelvic and/or uterine
- Palpable hernia without other predisposing
- Dental crowding + high narrow plate
- Arthralgia daily
- Arm span to height ratio ≥ 1.00
- Mitral valve prolapse
- Aortic root dilatation

HEDS SPECIFIC DIAGNOSTIC CRITERIA

CRITERION 3 - EXCLUDE OTHER DIAGNOSES

PAIN
- Acute
- Chronic
- Complex regional pain syndrome

GI ISSUES
- Dysphagia
- Nausea
- Diarrhoea
- Constipation

NUTRITION
- Bespoke diets
- Reduced protein absorption

CARDIOVASCULAR
- Positional hypotension
- Arterial hypertension

MAST CELL ACTIVATION
- Poorly understood

MUSCULOSKELETAL
- Joint instability

HEAD + NECK
- Hypotonic

IMMUNODEFICIENCY
- Dysautonomia

IMMUNE DEFICIENCY
- Primary immunodeficiency
- This affects the function of connective tissues

CONNECTIVE TISSUES

NORMAL SKIN

EDS

BONE

TREATMENT

* Treat each patient's symptoms individually

What if hypermobile
but does not
fit into any
other criteria?

HYPERMOBILITY
SPECTRUM (HSD)

DISORDERS