



**Down's Syndrome  
Association**

A Registered Charity No. 1061474

# Annual Health Check Information for GPs

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## Hypertension

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**Below is Down's syndrome specific information. The information is for GPs and is to be used alongside DSA's Adult Health Book.**

Despite the prevalence of obesity in Down's syndrome (DS) there is presently no evidence of an excess of metabolic syndrome, perhaps explained by relative dietary control in the home or residential care compared to 'supported' living given that mild mental incapacity is associated with higher rates of metabolic syndrome.

Blood pressure tends to be lower in people with DS in the limited studies performed to date and shows less tendency to rise with age. Nevertheless, there is a strong association between inadequately treated hypertension and dementia, which is prevalent in DS.

It is therefore recommended that hypertension should be regarded as unusual in DS therefore meriting detailed investigation of the cause. Hypertension should be treated as in all other patients; there may be particular benefits in terms of prevention of progression of Dementia.

<http://guidance.nice.org.uk/CG127/NICEGuidance/pdf/English>

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**The Down's Syndrome Association (DSA)** is the only organisation in England, Wales and Northern Ireland which supports people with Down's syndrome at every stage of life.

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**Publication date: February 2013**

**Publication reviewed: April 2016**