

What is Ehlers Danlos Syndrome?

The Ehlers-Danlos syndromes (EDS) are a group of 13 heritable connective tissue disorders. The conditions are caused by genetic changes that affect connective tissue.

Hypermobile EDS (hEDS)
Classical EDS (cEDS)
Vascular EDS (vEDS)
Arthrochalasia EDS (aEDS)
Brittle Cornea Syndrome (BCS)
Cardiac-valvular EDS (cvEDS)
Classical-like EDS (clEDS)
Dermatosparaxis EDS (dEDS)
Kyphoscoliotic EDS (kEDS)
Musculocontractural EDS (mEDS)
Myopathic EDS (mEDS)
Periodontal EDS (pEDS)
Spondylodysplastic EDS (spEDS)

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If you can't connect the issues, think connective tissues

Symptoms:

Joint Hypermobility
Skin Hyperextensibility
Tissue Fragility
Chronic Pain
Headaches
Joint Dislocations/Subluxations
Easy Bruising/Bleeding
Flat Feet
Joint Sprains
Velvety Soft Skin
Slow Healing
Atrophic Scarring
Translucent Skin
Blue Sclera
Brain Fog
Myalgia
Arthralgia
Surgical Complications
Anesthesia Resistance
Dizziness
Swan Neck Deformity
Varicose Veins
Dental Crowding
Preterm Labor
Muscle Spasms
Urinary Incontinence

Resources:

The Ehlers Danlos Society
<https://www.ehlers-danlos.com>

Chronic Pain Partners
<https://www.chronicpainpartners.com>

EDS GP Toolkit
<https://gptoolkit.ehlers-danlos.org>

More Information:
Scan QR code > EDS Resources and Information

Books:

Living Life to the Fullest with Ehlers-Danlos Syndrome: Guide to Living a Better Quality of Life While Having EDS
by Kevin Muldowney Pt and Kathleen Muldowney Pt

Disjointed Navigating the Diagnosis and Management of Hypermobile Ehlers-Danlos Syndrome and Hypermobility Spectrum Disorders
by Diana Jovin et al.

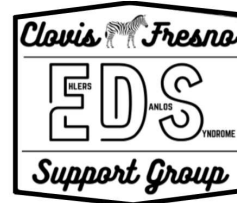
Symptomatic: The Symptom-Based Handbook for Ehlers-Danlos Syndromes and Hypermobility Spectrum Disorders
by Clair A. Francomano et al.

A Guide to Living with Ehlers-Danlos Syndrome (Hypermobility Type)
by Isobel Knight

The Trifecta Passport: Tools for Mast Cell Activation Syndrome, Postural Orthostatic Tachycardia Syndrome and Ehlers-Danlos Syndrome
by Amber Knight

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More Books and Children's Books:
Scan QR code > Shop > Amazon Books and Resources

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Get Connected!



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Common Comorbidities:

Postural Orthostatic Tachycardia Syndrome (POTS)
Dysautonomia
Mast Cell Activation Disorder (MCAS)
Craniocervical Instability (CCI)
Atlantoaxial Instability (AAI)
Chiari Malformation
Eosinophilic Esophagitis (EoE)
Hypotonia
TemporoMandibular Joint Disorder (TMJD)
Arthritis
Gastritis
Periodontitis
Gastroparesis
Pelvic Organ Prolapse
Viceroptosis
Myalgic EncephaloMyelitis/Chronic Fatigue Syndrome (ME/CFS)
Scoliosis
Tethered Cord Syndrome (TCS)
Degenerative Disc Disease
Migraines
Osteoporosis
Gastro Esophageal Reflux Disease (GERD)
Hernias
Autism Spectrum Disorder (ASD)
Attention Deficit Hyperactivity Disorder (ADHD)
Endometriosis
Small Fiber Neuropathy
Small Intestine Bacterial Overgrowth (SIBO)

Less Common Comorbidities:

Aneurysms
Intussusception
Adrenal Insufficiency
Vascular Compressions
Mitral Valve Prolapse
Common Variable Immune Deficiency (CVID)
Aortic/Arterial Dissection
Intracranial Hypertension
Organ Rupture

