

# POINTS TO REMEMBER FOR CLINICAL PRACTICE

Endocrine  
manifestations

## Bone Health

- Good bone health is a key issue in aging patients with trisomy 21.
- Peak bone mass is lower in both sexes but the decrease is more pronounced in men with trisomy 21, whose bone mass at 20 years of age corresponds to that of men aged 50 without trisomy 21.
- Low bone mass is reportedly due to lower osteoblastic bone formation, with no significant difference in bone resorption.
- The risk of osteoporosis is more frequent and earlier than in the general population. The risk in men is reportedly higher and earlier than in women.
- An evaluation of osteoporosis risk by measuring BMD using DXA every 2 years is advisable for patients with trisomy 21. This includes both men and women from 40 years of age, or regardless of age if there is an additional risk factor for fragile bones.
- It is essential to prevent osteoporosis and treatment should take account of the specific mechanism causing low bone mass in patients with trisomy 21.