

POINTS TO REMEMBER FOR CLINICAL PRACTICE

Infectious Pathologies of the Upper Airways

- These are the most frequent pathologies in children with trisomy 21.
- They are more prevalent than in neurotypical children, especially in preschool children, and decline with age.
- Although these pathologies are too often considered commonplace and an integral part of the phenotype of children with trisomy 21, they must not be neglected.
- The most frequent infectious pathologies of the upper airways are: allergic rhinitis, acute sinusitis or rhino-sinusitis, chronic sinusitis and acute pharyngitis. You should think of scarlet fever when faced with acute febrile pharyngitis.
- The recurrent character of these infections can lead to chronicity.
- The negative consequences for developing obstructive sleep apnea syndrome or conductive deafness and, ultimately, for the quality of life of patients with trisomy 21 are what make these infections serious.
- Treatment of these infectious pathologies should therefore not be neglected. It must be 'aggressive' and children with trisomy 21 should benefit from preventive measures from a very early age.
- Chronicity or poor response to treatment should quickly lead you to consider referring the child to immuno-allergology and/or ENT.