

POINTS TO REMEMBER FOR CLINICAL PRACTICE

Vision Disorders

- More than 50% of individuals with Trisomy 21 have an accommodation disorder that should be screened for by dynamic retinoscopy and corrected early to prevent the impact on learning, especially reading and writing skills, induced by near-vision problems.
- Refractive disorders are present in more than 80% of individuals with Trisomy 21. The presence of an accommodation disorder in more than half of cases requires objective refraction assessment without accommodative participation, with cycloplegia or sedation if necessary.
- Typically, individuals with Trisomy 21 are hyperopic in their early years, become myopic between 7 and 10 years of age, and have astigmatism throughout their life.
- It is important to correct even low-grade hyperopia.
- It is important to add near-vision correction with bifocals glasses for accommodation disorders.
- A clinically significant decrease in visual acuity is present in about 45% of cases, both in children with Trisomy 21 from the age of 4 onwards and in older adults.
- A decrease in contrast sensitivity exists in both children and older adults with Trisomy 21.
- Visual acuity impairment persists despite adequate correction of refractive and accommodation disorders with corrective lenses.