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"Coming here, you will discover yourself, discovering others"
Romanian Prader-Willi Association

ASOCIACIÓN MADRILEÑA
PARA EL SÍNDROME DE
PRADER-WILLI



AGEING IN PEOPLE WITH PRADER WILLI SYNDROME (PWS)

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AIM: In general, the ageing process in people with intellectual disabilities (ID) starts rather early compared to people without ID. However, there still is hardly any information about the ageing process in people with specific etiologies of ID (e.g., Prader-Willi syndrome), except for those with Down syndrome. The characteristic morbidity in people with PWS (e.g., obesity, scoliosis, psychoses) may lead to specific co-morbidity patterns in older age.

METHODS: We performed a descriptive study of morbidity, skills and behaviour in people with PWS in relation to ageing. We obtained data through a postal interview from adult (18+) members with PWS of the Dutch PWS-network (N=74).

RESULTS: In general, adults with PWS seemed to be reasonably healthy, although perceived health decreases with age. The majority of persons were obese, especially in the age group 30-39 years. Diabetes mellitus, hypertension, skin problems, sleep apnoea and hormonal problems like osteoporosis and hypothyroidism were common. The prevalence of diabetes mellitus was related to age. Psychiatric problems were frequent, especially in the persons with UPD. Growth hormone seemed to be associated with a lower BMI.

CONCLUSION: This pilot study gave more insight into the functional status of adult persons with PWS. However, the data are based on cross-sectional data, derived via questionnaires. Further longitudinal research is necessary for a better understanding of the ageing process in PWS.