## Cardiovascular Disease

Cardiovascular disease is prevalent among people with intellectual and developmental disabilities (IDD), especially those with Down, 22q11del, and Prader-Willi syndromes. Risk factors for cardiac disorders are increased owing to physical inactivity, smoking, obesity, and prolonged use of certain psychotropic medications.  

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<th>Recommendation</th>
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| Screen for cardiovascular risk factors earlier and more regularly than in the general population and promote prevention. ¹⁴⁹, ¹⁵⁰ | Empirical  
Ecosystem  
Expert | ☑ ☑ |

The proportion of adults with IDD who have congestive heart failure (CHF) is 3 times higher than in the general population;¹⁵¹ Congenital heart disease (CHD), which is very common in individuals with Down syndrome, can lead to CHF.¹⁵², ¹⁵³  

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| Assess annually for signs and symptoms of CHF and cardiac decompensation or when these are detected. If detected, refer the person to a cardiologist or, if the cause is CHD, to an adult congenital heart disease clinic.¹⁵⁴-¹⁵⁶ Consult the Canadian Congenital Heart Alliance for clinic locations.¹⁵⁷ | Empirical  
Ecosystem  
Expert | ☑ ☑ |

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### Icon Legend

**Recommendation Strength:**
- Clinicians' top recommendation
- Recommended
- Strongly Recommended

**Types of Knowledge:**
- Blue and grey colours specify different knowledge subtypes. Half circle symbols indicate that reviewed publications pertain to the background information to the recommendations that is presented in the first column.

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References


157. Canadian Congenital Heart Alliance. [Website]. Find an adult CHD centre near you.

Icon Legend

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