## Endocrine Disorders

Endocrine disorders can be challenging to diagnose in people with intellectual and developmental disabilities (IDD). They have a higher incidence of thyroid dysfunction compared with those in the general population.\textsuperscript{213}

<table>
<thead>
<tr>
<th>Recommendation</th>
<th>Types of Knowledge</th>
<th>Recommendation Strength</th>
</tr>
</thead>
</table>
| Test annually for thyroid function in patients with an elevated risk of thyroid dysfunction (eg, people with Down syndrome). Test also when changes in behaviour or adaptive functioning are detected.\textsuperscript{214, 215} | Empirical
Expert | ✓✓ |
| For patients taking lithium, atypical or second-generation antipsychotics, or seizure medications, establish a thyroid function baseline followed by an annual reassessment.\textsuperscript{216, 217} | Empirical
Expert | ✓✓ |
| The prevalence of diabetes is higher among people with IDD compared with those in the general population and slightly higher among women than men.\textsuperscript{218, 219} | Ecosystem
Experiential | ✓✓ |
| Include patients with IDD among those at high risk of diabetes. Screen for type 2 diabetes at an earlier age than is recommended for the general population.\textsuperscript{218} | Expert
Experiential | ✓✓ |
| Provide diabetes education to patients with IDD who have diabetes and their family and other caregivers that is adapted to people with IDD.\textsuperscript{220-222} | Expert
Experiential | ✓✓ |

### Icon Legend

- **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.

This content is part of the publication *Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines* in Canadian Family Physician, Vol 64: April 2018. The content on this page is subject to copyright by the College of Family Physicians of Canada and is not to be copied without permission. For more information on the primary care guidelines contact the Developmental Disabilities Primary Care Program at Surrey Place Centre, Toronto at ddpcp@surreyplace.on.ca.
References


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.

This content is part of the publication Primary care of adults with intellectual and developmental disabilities: 2018 Canadian consensus guidelines in Canadian Family Physician, Vol 64: April 2018. The content on this page is subject to copyright by the College of Family Physicians of Canada and is not to be copied without permission. For more information on the primary care guidelines contact the Developmental Disabilities Primary Care Program at Surrey Place Centre, Toronto at ddpcp@surreyplace.on.ca