

Ehlers-Danlos syndrome

Also called: EDS, elastic skin

A group of inherited disorders that mostly affect the skin, joints, and blood vessels.

Rare

Fewer than 200,000 US cases per year

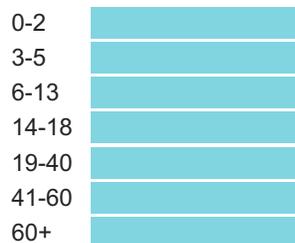
-  Requires a medical diagnosis
-  Lab tests or imaging often required
-  Chronic: can last for years or be lifelong

Ehlers-Danlos syndrome affects connective tissue, primarily the skin, joints, and blood vessel walls.

Symptoms include overly flexible joints that can dislocate, and skin that's translucent, elastic, and bruises easily. In some cases, there may be dilation and even rupture of major blood vessels.

Treatment helps manage symptoms and monitor for complications. Options include drugs, physical therapy, and sometimes surgery.

Ages affected



Symptoms

Requires a medical diagnosis

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People may experience:

Pain areas: in the joints or muscles

Also common: bleeding, double jointed, easy bruising, heart murmur, joint dislocation, muscle weakness, physical deformity, poor wound healing, or wrinkles

Treatments

Treatment depends on severity

Treatment helps manage symptoms and monitor for complications. Options include drugs, physical therapy, and sometimes surgery.

Supportive care

Monitoring for changes or improvement: Monitoring a medical condition instead of taking action right away.

Therapies

Physical therapy: Restores muscle strength and function through exercise.

Medications

Analgesic: Relieves pain.

- Acetaminophen (Tylenol, Mapap, Feverall, Acephen, and Nortemp)

Nonsteroidal anti-inflammatory drug: Relieves pain, decreases inflammation, and reduces fever.

- Ibuprofen (Advil, Children's Profen IB, Children's Ibu-Drops, I-Prin, and Motrin IB)
- Naproxen (Aleve, Naprosyn, Ec-Naprosyn, Midol (naproxen), and Mediproxen)
- Aspirin (Bayer Aspirin, Ecotrin, Effervescent Antacid, E.C. Prin, and Bayer Advanced)

Specialists

Rheumatologist: Specializes in arthritis and other rheumatic diseases.

Vascular surgeon: Specializes in surgery for vascular system diseases.

Primary care provider (PCP): Prevents, diagnoses, and treats diseases.

Medical geneticist: Diagnoses and manages hereditary disorders.

Surgeon: Performs operations to treat disease.

Ophthalmologist: Specializes in eye diseases.

Dermatologist: Focuses on disorders of skin, nails, and hair.

Consult a doctor for medical advice

Note: The information you see describes what usually happens with a medical condition, but doesn't apply to everyone. This information isn't medical advice, so make sure to contact a healthcare provider if you have a medical problem. If you think you may have a medical emergency, call your doctor or a emergency number immediately.

Sources: Mayo Clinic and others. [Learn more](#)