



ASSESSMENT

Do you have any symptoms/signs relating to **SPINAL STENOSIS**?

- Ongoing back pain in combination with pain or discomfort radiating into the buttocks or legs, worsened by prolonged walking or standing
- Reduced sensation, tingling or numbness in arms or legs
- Symptoms typically relieved by rest, lumbar flexion, or squatting
- Reduced walking distance/ increased need for walking aids
- Bladder and/or bowel dysfunction



ACTION

- Neurological assessment
- Referral to MRI of the total spine (spinal stenosis can occur at multiple spine levels)



REFERRAL

TO: Neurologist (experienced in achondroplasia)
Spine centre/specialist experienced in achondroplasia

IF: Ongoing back pain in combination with neurological symptoms

WHEN: As soon as possible to avoid spinal cord injury

Do you have any symptoms/signs relating to obstructive **SLEEP APNOEA**?

- Excessive daytime sleepiness
- Not feeling rested after sleep
- Loud, disruptive snoring
- Breathing stops, choking, or gasping during sleep (observed)
- Hypertension

- Overnight sleep study (ambulant or polysomnography)

TO: Respiratory/sleep specialist (experienced in achondroplasia)

IF: Excessive daytime sleepiness in combination with at least one of the other symptoms/signs

WHEN: As soon as possible

BLOOD PRESSURE MONITORING

- Treatment as for the general population

SYMPTOMS OF HEARING LOSS

- Referral for a formal hearing assessment if hearing loss is suspected

TO: ENT specialist

WEIGHT MANAGEMENT

- Discuss the importance of an active and healthy lifestyle to prevent excessive weight gain
- Advice as for the general population

PAIN

- If symptoms of pain, perform a formal pain assessment

NEED FOR ADAPTATIONS/AIDS

- Referral if needs identified

TO: Occupational therapist

GENETIC NATURE OF ACH

- Discuss heritability and pregnancy (if needed)
- Referral if needed

TO: Clinical geneticist or genetic counsellor

PSYCHOSOCIAL HEALTH

- Evaluate psychosocial health. Refer if indicated

TO: Psychologist or psychosocial health worker