Genetics for the People

MEDICAL INFORMATION CARD
CARRIED BY THE PATIENT

Hypermobile EDS / HSD

My joints dislocate easily, including the jaw, and more so under sedation.

- Pad and position carefully; no arm hyperabduction; gentle BP cuffs; minimal tape (skin tears and bruises).
- Cervical and atlantoaxial instability possible: keep the neck neutral; anticipate a difficult airway; low cuff pressure.
- Local anesthetics may be partly ineffective. Ask about past block failures; allow extra time and dose within limits.
- POTS is common: give IV crystalloid before procedures and watch BP in the first hours after. Platelet function can be abnormal despite normal coags.

Diagnosed by Dr. _____ Phone _____

Sources: Wiesmann, Castori, Malfait, Wulf. Orphanet J Rare Dis 2014;9:109. Verify with the treating physician.

Hypermobile EDS / HSD: my details

Name _____ DOB _____

Emergency contact _____

Specialist _____ Phone _____

Daily medications _____

Allergies _____

I carry epinephrine ☐ yes ☐ no Other _____

geneticsforthepeople.com/blog/connective-tissue-mitochondria-methylation-debt-ros-load/ has the full explanation and references. Educational template written from a research perspective by Katelin Hubbard, PhD, a scientist, not a physician; it does not diagnose, treat, cure, or prevent disease. The details above were entered by the card holder with their own clinician. Treating clinicians: please verify and use your judgment.