

# Cardiac Checklist

for Everyone with TS



**For women and girls with Turner syndrome, heart health is the cornerstone of a healthy life. The special symptoms and possible defects associated with TS are best treated early and monitored over the lifetime. Make taking care of your heart a priority. If your physician is not experienced in TS care you can refer them to the TS Clinical Care Guidelines and the American Heart Association Guidelines.**

- Visit a cardiologist** (heart doctor) soon after you receive a diagnosis or right away if you have never seen a cardiologist.
- Include your TS diagnosis** in all of the paperwork you fill out for the doctor and ask the doctor if they know about the TS Clinical Care Guidelines.
- Get an ultrasound** of your heart called a (transthoracic echocardiogram) to check for heart defects you may have been born with.
- Get an electrocardiogram** called an EKG or ECG to check for heart rhythm problems. The quick and painless test measures and produces a printout of the heart rhythm.
- Depending on your age and other factors, your doctor may want you to get a cardiac magnetic resonance imaging test (MRI, CMR). MRI uses a magnetic field to make pictures of the heart. The test is expensive but may be the best way to find some types of heart abnormalities.
- Know the measurement of your aorta:**
  - **Ask for your child's Turner syndrome specific Z-score.** This will ensure your doctor is referencing the TS Clinical Care Guidelines and American Heart Association Guidelines.
  - If you are 16 years old or older, **ask for your ASI** (aortic size index) and what your heart risk is based on the Turner syndrome specific American Heart Association guidelines.
- Get your blood pressure checked** by a doctor at least once a year and at every health visit.
  - If you have high blood pressure
    - Take medication as prescribed and check your blood pressure at home. Your doctor may ask you to bring your blood pressure readings with you to your visits.
    - Treat the causes of high blood pressure. It is possible that your high blood pressure may be related to breathing problems during sleep, kidney disease, or blood vessel abnormalities. Causes should be diagnosed and treated to prevent high blood pressure from getting worse.
- Make healthy lifestyle choices.**
- Manage your weight.**
- Do not take Fluoroquinolone antibiotics** and ask your doctor for alternatives: ciprofloxacin (Cipro), levofloxacin (Levaquin), gemifloxacin (Factive), moxifloxacin (Avelox), norfloxacin (Noroxin), and ofloxacin (Floxin). There is a warning for people with genetically triggered aortic aneurysms, TS, a bicuspid aortic valve or aortic aneurysms, and those at risk for aortic dissections not to take any of these antibiotics.
- If you experience heart or indigestion related concerns, **tell doctors that you have TS**, show them the TS cardiac emergency card and let them know TS is related to aortic dissection.
- Take the time and spend the money to take care of your heart.** If you cannot afford to see a cardiologist or get the tests they order, contact TSSUS to see what options you may have.
- Please join the **Turner Syndrome Research Registry** so that we may further TS heart research.