

Exploring the 23 signs you grew up with Ehlers-Danlos syndrome

While Ehlers-Danlos Syndrome (EDS) is a genetic connective tissue disorder that affects individuals differently, here are [23 signs you grew up with Ehlers-Danlos syndrome](#), indicating they grew up with the condition:

1. Joint hypermobility:

EDS is often characterized by increased joint flexibility and hypermobility. This means that affected individuals can move their joints beyond the normal range of motion, sometimes referred to as being "double-jointed."

2. Frequent joint dislocations/subluxations:

The laxity of connective tissues in EDS can lead to frequent joint dislocations or partial dislocations (subluxations). This can cause pain, instability, and limited functionality.

3. Chronic joint pain:

Individuals with EDS often experience chronic joint pain due to the strain placed on the weakened connective tissues and joints.

4. Easy bruising:

Fragile blood vessels in the skin can lead to easy bruising, even with minor trauma. Bruises may also take longer to heal.

5. Stretchy or fragile skin:

EDS can affect the structure and elasticity of the skin, making it stretchy, fragile, and prone to tearing or scarring easily.

6. Delayed wound healing:

Due to impaired collagen production and tissue integrity, wounds in individuals with EDS may take longer to heal compared to those without the condition.

7. Soft or velvety skin:

Some individuals with EDS may have exceptionally soft or velvety skin texture.

8. Gastrointestinal issues:

EDS can affect the digestive system, leading to issues such as gastroesophageal reflux disease (GERD), irritable bowel syndrome (IBS), and functional gastrointestinal disorders.

9. Autonomic dysfunction:

Some individuals with EDS may experience dysautonomia, which can manifest as orthostatic intolerance, low blood pressure, fainting, rapid heart rate, and other symptoms related to autonomic nervous system dysfunction.

10. Chronic fatigue:

Fatigue is a common symptom among individuals with EDS, likely due to the energy required to compensate for joint instability and manage associated symptoms.

11. Dental problems:

Weak connective tissues can affect the structure and health of teeth, leading to issues such as tooth enamel abnormalities, tooth decay, and gum disease.

12. Scoliosis or kyphosis:

Abnormal curvature of the spine, such as scoliosis (sideways curvature) or kyphosis (excessive forward curvature), can occur in individuals with EDS.

13. Fragile blood vessels:

EDS can affect the blood vessels, leading to increased fragility and potential complications such as easy bruising, varicose veins, and blood vessel ruptures.

14. Mitral valve prolapse:

Some individuals with EDS may have mitral valve prolapse, where the valve between the heart's left atrium and left ventricle doesn't close properly.

15. Chronic headaches:

Frequent headaches, including migraines, can be associated with EDS, potentially due to the effects of lax tissues and blood vessel abnormalities.

16. Chronic musculoskeletal pain:

In addition to joint pain, individuals with EDS may experience generalized musculoskeletal pain, including muscle aches and stiffness.

17. Hypermobility or unstable spine:

EDS can affect the spine, leading to hypermobility, instability, and related complications.

18. Hypermobility of the feet:

Hypermobility or flat feet are common in individuals with EDS, leading to foot pain, difficulty with footwear, and potential gait abnormalities.

19. Poor wound healing and scarring:

Due to impaired collagen synthesis, individuals with EDS may experience delayed wound healing and abnormal scarring.

20. Easy fatigue and exercise intolerance:

Exertion can lead to fatigue and exhaustion more quickly in individuals with EDS due to the strain on weakened connective tissues.

21. Anxiety and depression:

Living with a chronic condition like EDS can contribute to mental health challenges, including anxiety and depression.

22. Sensitivity to anesthesia and medications:

Some individuals with EDS may have increased sensitivity or require adjustments in anesthesia and certain medications.

23. Family history:

EDS is a genetic condition, so individuals who grew up with EDS often have a family history of the condition or may recognize similar signs and symptoms in their close relatives.

It's important to note that EDS is a complex condition, and individuals may present with different combinations and severities of symptoms. If you suspect you or someone you know may have EDS, it's crucial to consult with a healthcare professional or a specialist in genetic disorders for proper diagnosis, management, and guidance.