Marfan Syndrome

Marfan syndrome is a type of inherited disorders affecting the connective tissues of the body, which are the fibers supporting and anchoring your organs and the other structures within the body. The syndrome often affects the eyes, heart, blood vessels and human skeleton. Those who have the syndrome are often tall and thin with long arms, legs, toes and fingers that are disproportionate to their body. The damage from the syndrome can either be severe or mild. If your blood vessels or heart are affected, the condition could potentially be life-threatening.

Treatment often includes medications to make sure your blood pressure remains low to help reduce any strain placed on weakened blood vessels. Based on how severe your symptoms are and the body part that is affected, surgery might be needed.

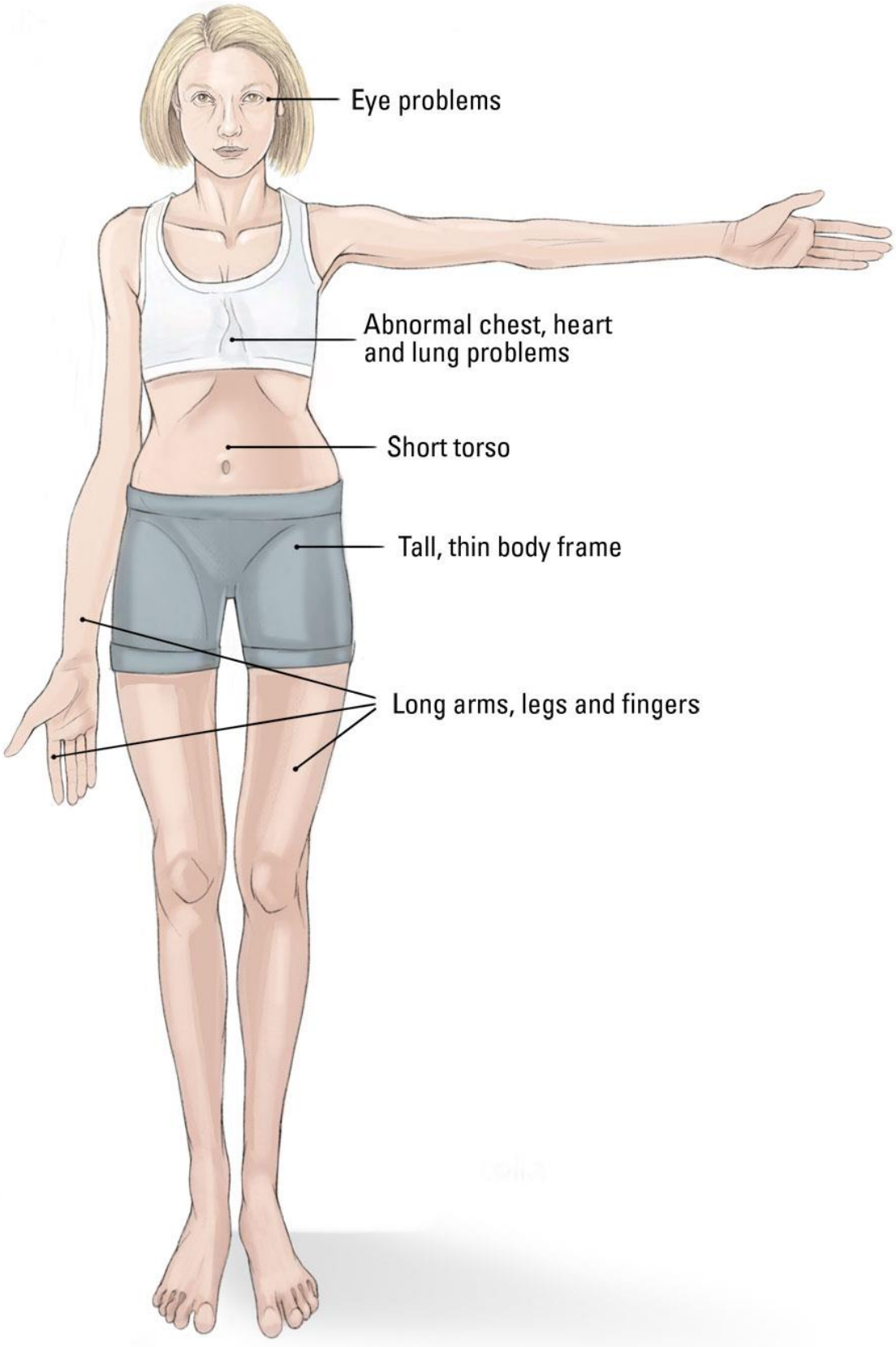
Marfan syndrome is the result of a defective gene that allows your body to produce the necessary protein that provides connective tissue with its strength and elasticity. Most of those with the syndrome inherit the gene from one of their parents who has the same disorder. Each child that has a parent who is affected has a 50 percent chance of getting the defective gene themselves. In roughly 25 percent of those who have the syndrome, the abnormal gene doesn't stem from either one of the parents. The mutation develops spontaneously.

One of the defining features of Marfan syndrome is hypermobility, with sufferers exhibiting gross signs of hypermobility. This is often scored on the Beighton's scale… if you can hyper-extend your elbows you score 2 points. If you can hyper-extend your knees while standing it is another point for each leg. Being able to touch your thumb to your wrist scores another point each side. Being able to bend your little finger back past 90 degrees scores another point each side, and if you can lay your hands flat on the floor it's a further point. Accumulate the score and it's a total out of 9. People with Marfan's will often score 9 out of 9.

Marfan Syndrome Anatomy

The syndrome can affect multiple parts of the body. Some of the signs might be easy to see, while heart problems aren't visible. A special test needs to be conducted to determine the extent of the problems. Many of the traits might be mild early on in life, but they worsen as the year's progress. Children might not obtain a diagnosis until they are teenagers. The first thing you will probably notice is how tall and thin the child is. Extremely long arm spans are common.

Marfan syndrome



How to Treat Marfan Syndrome:

1. **Medication**
   Blood pressure medication will often be prescribed to help prevent enlargement of the aorta and reduce the chance of rupture and dissection. Beta blockers tend to be the most commonly used drugs, which work to slow down the beat of your heart and minimize the force placed on it.

2. **Eye specialist**
   Dislocated lenses in your eye can be treated properly with contact lenses or glasses that refract through or around the lens. Surgery for replacing the lens might also be an option.

3. **Exercise**
   Exercise can be very beneficial to maintain strength and stability in the joints, and also it is great for cardio-vascular health.

4. **Therapy**
   Physiotherapy and other manual therapies can be very useful to deal with the joint pain associated with Marfan's. Therapy can help advise on corrective exercises to stabilize joints, as well as using mobility exercises for any stiff or locked joints such as in the back.

Tips:

- Even though there isn't a cure for the condition, treatments can help to prevent or delay complications.
- Children with the condition will have a tall, slender stature with longer arms, a short torso, long, double-jointed fingers and extremely long legs. The chest is normally shaped abnormally, which increases the chance of developing complications with the lungs.
- One out of every 5,000 Americans are affected with the syndrome; males and females of all races are affected equally.
- The condition is often congenital, but it might not always be diagnosed right away.