

**Guidelines for routine health care for individuals with VCFS (in addition to normal procedures during check-ups)**

**Recommended once, if not previously done:**

1. If there is no clinical history of congenital heart disease in childhood, an echo cardiogram and cardiac evaluation should still be done once.
2. Renal (kidney) ultrasound.
3. Immune evaluation in infancy before one year of age to assess ability to receive live viral vaccines; an immune evaluation should be done subsequently if there is a history of chronic illness and/or infections (respiratory, skin).
4. Psychiatric consultation if there is a history of mood disorders or thought disorders.
5. Bone density scan after puberty (14 to 16 years of age); if first assessment shows osteopenia (lower than normal bone mineral density), reassessments should be done periodically based upon findings and response to treatment.

**Recommended annual laboratory tests and evaluations:**

1. Thyroid function studies; if abnormal, a complete endocrine evaluation.
2. Serum calcium and ionized calcium; if either value is low, parathyroid hormone should be assessed.
3. CBC with differential and platelets; if platelets are abnormal in number and size or in the presence of bleeding or skin bruising, need hematology or immunology consultation.
4. Serum glucose and electrolytes; if abnormal, an endocrine evaluation should be done.
5. Scoliosis screening until adult height is reached; orthopedic consultation, if needed.

