



**FRANKLIN
CARDIOVASCULAR
ASSOCIATES, PA**

Blog #3 Hypermobility Diagnosis and Treatment

1. Focus on Symptom Relief

Our clinic treats patients with hypermobility (being "double-jointed" or "bendy"), which mainly fall into two groups:

- **Hypermobility Spectrum Disorder (HSD)**
- **Hypermobile Ehlers-Danlos Syndrome (hEDS)**

Both are complex and affect the whole body. It's easy to get lost in the details of diagnosis, but the most important thing to remember is that **the treatment for both HSD and hEDS is often identical.**

Patients want a diagnosis, but what they need most is a plan to manage their symptoms and feel better.

2. A 3-Step Approach

Therefore, our clinic's process is clear:

1. **Safety First:** Immediately rule out the *one* life-threatening type, **vascular EDS (vEDS)**. All other types, like hEDS and HSD, are not life-threatening (they just impact the quality of life).
2. **Get a Diagnosis:** After confirming it's not vEDS, we run tests to accurately diagnose which hypermobility disorder the patient has.
3. **Create a Treatment Plan:** We then build a plan focused on relieving the patient's symptoms, improving their quality of life, and increasing their productivity.

It is important to seek out a clinician with expertise in EDS to make an accurate diagnosis and create a treatment plan. One of the nation's leading centers is Franklin Cardiovascular Associates, under the direction of Nicholas DePace, MD, FACC. They are located in Sicklerville, New Jersey. franklincardiovascular.com, (856) 589-6034