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The "Tell-Tale" Profile: How to Spot hEDS in Young Women

If you are a young woman (or parent of one) who seems to be "falling apart" without a clear reason, you fit the most common profile for **Hypermobile Ehlers-Danlos Syndrome (hEDS)**.

While hEDS can affect anyone, clinical experts have noticed a very specific pattern, especially in young females. Recognizing this pattern is often the key to getting a diagnosis after years of confusion.

The Hallmark Sign: It's Not Just the Joints

You might think the main sign of a joint disorder would be joint pain. While pain is definitely part of it, the **#1 hallmark** that doctors look for is actually **Orthostatic Dysfunction**.

What does that mean? Simply put: **Your body doesn't know how to handle gravity.**

When a typical person stands up, their body automatically adjusts to keep blood flowing to the brain. In hEDS patients, this system fails. This is often a form of **Dysautonomia** (a glitch in the autonomic nervous system).

The Symptom Checklist

If you have hEDS or HSD, you likely have a mix of these three major categories:

1. The "Standing Up" Problems (The Hallmark)

- **POTS (Postural Orthostatic Tachycardia Syndrome):** Your heart races wildly just because you stood up.
- **Dizziness:** You feel lightheaded or see "stars" when moving upright.
- **Temperature Issues:** Your internal thermostat is broken. You are sweating when others are cold, or freezing when others are hot.

2. The Physical Structure

- **Hypermobility:** You are "double-jointed" or just very flexible.



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- **Easy Bruising:** You find bruises on your legs and arms and have no idea where they came from.

3. The "Crash"

- **Chronic Fatigue :** This isn't just being sleepy. It is a bone-deep exhaustion that sleep doesn't fix.
- **Chronic Pain:** A nagging ache in your muscles and joints that never really goes away.

The Odds Are in Your Favor (Sort of)

The world of Ehlers-Danlos Syndrome can be scary because there are 13 different types, including some that are dangerous to your blood vessels (Vascular EDS) or skin (Classical EDS).

However, here is the reassuring news: **98% of the patients** seen in these specialized clinics have the **Hypermobile Type (hEDS) or HSD**.

While hEDS can make life difficult and painful, it does not carry the same life-threatening risks as the rarer types. It is by far the most common connective tissue disorder, even though many general doctors rarely diagnose it.