

EMERGENCY CARD

The emergency card is a personal and nominative card containing the main health information related to the patient's rare disease.

Consult the PNDS :
(French Diagnostic and Care Guidelines)



It is specific to a given rare disease and allows for appropriate management and treatment to be provided during emergency care. Patients should keep their emergency card with them at all times to ensure that anyone providing care for them has all the information and recommendations required for an emergency situation.

This card has been filled in by the doctor responsible for the patient's care and follow-up.

We offer you this English translation of your emergency card to take with you and use when traveling abroad.

NON-VASCULAR EHLERS-DANLOS SYNDROMES

Joint hyperlaxity, skin hyperlaxity, fragility of the connective tissues

CLASSIC ELEMENTS OF THE DISEASE

14 different types of EDS have been described, each with their own specific features.

They can cause:

- Skin fragility
- Repeated strains and dislocations
- Vascular fragility
- Connective tissue fragility (digestive, pelvic, ocular and bone)
- Acute/chronic pain syndrome

COMPLICATIONS

(tick the corresponding boxes if it is a known complication)

- Wounds, hematomas, bleeding
- Dislocations, sprains, kyphoscoliosis
- Paroxysmal pain
- Cardiovascular/pulmonary complications
- Gastrointestinal complications (intestinal dysmotility)
- Gynecologic and obstetric complications

AVOID

- Resorbable sutures
- Joint manipulations
- Non-emergency orthopedic surgery
- Arterial punctures

Recommended

- Exercise caution in case of lumbar puncture, epidural or endoscopic procedures (to be performed by a senior physician)
- All invasive procedures should ideally be discussed with a physician specialized in EDS
- In the case of dislocation, perform joint imaging prior to reduction
- Standard immobilization techniques in the event of sprains/dislocations, then consult an orthopedist