

# Growing Up with Ehlers-Danlos Syndrome: 23 Telltale Signs

Ehlers-Danlos Syndrome (EDS) is a group of connective tissue disorders characterized by joint hypermobility, skin that is easily bruised and hyper-elastic, and a range of other symptoms. Growing up with EDS can present unique challenges as individuals navigate daily life with this condition. Here are 23 telltale signs that someone may be growing up with [23 signs you grew up with ehlers-danlos syndrome](#):

## 1. Joint Hypermobility:

Excessive flexibility in joints, often extending beyond the normal range of motion.

## 2. Frequent Joint Dislocations:

Joints, particularly shoulders, knees, and hips, may dislocate more easily than in individuals without EDS.

## 3. Skin Hyperelasticity:

Skin that is unusually stretchy and may be prone to tearing or bruising.

## 4. Easy Bruising:

Bruises that appear with minimal impact due to fragile blood vessels.

## 5. Delayed Wound Healing:

Cuts and wounds may take longer to heal.

## 6. Fragile Blood Vessels:

Increased vulnerability to ruptured blood vessels, leading to easy bruising.

## 7. Chronic Pain:

Persistent, widespread pain, often in joints and muscles.

## 8. Unstable Joints:

Joints that feel loose or unstable, contributing to difficulties with balance and coordination.

## 9. Early-Onset Osteoarthritis:

Increased risk of developing osteoarthritis at a younger age.

## 10. Fatigue:

Chronic fatigue that can be overwhelming, impacting daily activities.

**11. Gastrointestinal Issues:**

Digestive problems, such as constipation or irritable bowel syndrome (IBS).

**12. Temporomandibular Joint (TMJ) Dysfunction:**

Jaw pain and difficulties with jaw movement.

**13. Mitral Valve Prolapse:**

A heart condition where the valve between the left atrium and left ventricle doesn't close properly.

**14. Kyphosis and Lordosis:**

Abnormal curvature of the spine, either in a forward (kyphosis) or backward (lordosis) direction.

**15. Dysautonomia:**

Dysfunction of the autonomic nervous system, leading to issues like dizziness, fainting, or irregular heart rate.

**16. Skin Scarring:**

Unusual scarring, often atrophic or widened scars.

**17. Mitigated Pain Response:**

Diminished ability to perceive certain types of pain, leading to injuries without immediate awareness.

**18. Stretch Marks:**

Development of stretch marks not necessarily related to weight gain or growth spurts.

**19. Easy Fractures:**

Increased susceptibility to fractures due to weakened bones.

**20. Sensory Sensitivities:**

Heightened sensitivity to stimuli, such as light, sound, or touch.

**21. Raynaud's Phenomenon:**

Episodes of reduced blood flow to extremities, causing fingers and toes to turn white or blue.

**22. Anxiety and Depression:**

The chronic nature of EDS and its impact on daily life can contribute to mental health challenges.

**23. Dental Issues:**

Dental problems, including a higher risk of gum disease and tooth decay.

Growing up with Ehlers-Danlos Syndrome requires resilience and adaptability. Early diagnosis and management are crucial for addressing symptoms and improving the quality of life for individuals with EDS. Regular medical check-ups, physical therapy, and a supportive network can make a significant difference in navigating the challenges associated with this connective tissue disorder. If you suspect you or someone you know may have EDS, consulting with a healthcare professional is essential for proper diagnosis and care.