

Turner Syndrome Checklist

The following are suggested ages for health checks. Check at other times if there are parental or other reasons for concern

Birth to 5 years	0-6 mos.	6-12 mos.	1 yr.	2 yrs.	3 yrs.	4 yrs.	5 yrs.
Completed:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Physical exam, including height, weight, blood pressure, skin exam: at diagnosis and yearly							
Developmental & behavioral screening: yearly							
Neuropsych evaluation: in early life (preschool)							
Audiometric evaluation: @ 9-12 mo. and q 3 years							
Ophthalmologic exam: 12-18 mo. or at diagnosis					following diagnosis		
Renal ultrasound: at diagnosis; afterward as indicated				when diagnosed			
Pediatric dental specialist: by 2 years, then prn							
Nutritional evaluation and celiac screen: q 2 years							
Thyroid function tests: yearly, starting at 4 yrs.							
Scoliosis/orthopedic evaluation: yearly							
Resting EKG and QTc measurement: at diagnosis				when diagnosed			
Transthoracic echocardiogram (TTE): at diagnosis				when diagnosed			
Cardiac MRI (CMR): when feasible without anesthesia				when feasible			
TTE or CMR, after initial: Absent aortic abnormalities, q 5 yrs.							
If bicuspid aortic valve or coarctation or TS-specific aortic size Z-score >3, yearly							

5-12 years	6 yrs.	7 yrs.	8 yrs.	9 yrs.	10 yrs.	11 yrs.	12 yrs.
Completed:	Date:	Date:	Date:	Date:	Date:	Date:	Date:
Physical exam, including height, weight, blood pressure, skin exam; at diagnosis and yearly							
Dermatology follow-up for nevi, prn							
Developmental & behavioral screening: yearly							
Neuropsych evaluation at school entry							
Audiometric evaluation: q 3 years							
Comprehensive ophthalmologic exam: at diagnosis				following diagnosis			
Nutritional evaluation and celiac screen: q 2 years							
Thyroid function tests: yearly.							
Liver function tests: age 10 years and then yearly							
Scoliosis/orthopedic evaluation: yearly							
Orthodontic: by age 7, then prn	by age 7						
25-OH vitamin D level: 9-11 yrs., then q 2-3 yrs.					between 9 & 11 yrs.		
Glucose, HbA1c: age 10 years and then yearly							
TTE or CMR, after initial: Absent aortic abnormalities, q 5 yrs.							
If bicuspid aortic valve or coarctation or TS-specific aortic size Z-score >3, yearly							

Turner Syndrome Checklist (cont.)

The following are suggested ages for health checks. Check at other times if there are parental or other reasons for concern

13-18 years	13 yrs.	14 yrs.	15 yrs.	16 yrs.	17 yrs.	18 yrs.
Completed:	Date:	Date:	Date:	Date:	Date:	Date:
Physical exam, including height, weight, blood pressure, skin exam; at diagnosis and yearly						
Dermatology follow-up for nevi, prn						
Neuropsych eval. at transition to high school/higher ed.						
Audiometric evaluation: q 3 years						
Comprehensive ophthalmologic exam: yearly						
Nutritional evaluation and celiac screening: q 2 years						
Scoliosis/orthopedic evaluation: yearly						
25-OH vitamin D level: q 2-3 years				q 2-3 yrs.		
Glucose, HbA1c: yearly						
TTE* or CMR*, after initial: Absent aortic abnormalities, q 5 yrs.					follow Adulthood guidelines in the table below	
If bicuspid aortic valve, coarctation, TS-specific aortic size Z-score >3, or hypertension, yearly until 16						

Adulthood	frequency
Dietary/exercise counseling for prevention of obesity	yearly
Estrogen treatment	ongoing
Evaluation of ovarian function, family planning counseling	as indicated
Routine pelvic/pap smear	as indicated
Hypertension monitoring	yearly
Cardiac studies (TTE* or CMR*)	based on risk level, see guidelines (Gravholt et al.; 2017)
Fasting glucose, HgbA1C, AST, GGT, alkaline phosphatase	yearly
Lipids if at least one other CV risk factor is present or regional recommendation	yearly
Thyroid function tests	Yearly; include antibodies if previously negative
Skin examination	yearly
25-OH vitamin D level	q 3-5 years
DEXA scan	q 5 years
Celiac screen	when symptoms indicate
ENT/audiometric evaluation	q 3-5 years

* TTE, transthoracic echocardiography; CMR, cardiac magnetic resonance imaging

Vana Raman, MD; based on Gravholt et al. Clinical practice guidelines for the care of girls and women with Turner syndrome: proceedings from the 2016 Cincinnati International Turner Syndrome Meeting. Eur J Endocrinol. 2017. [PubMed abstract](#)