

# Embarking on Young Adulthood with TSC: Monitoring for Manifestations over Time

- TSC symptoms and manifestations vary from person to person and may change over time
- Guidelines recommend regular monitoring and screening to keep track of current manifestations and check for new ones

## EACH CLINIC VISIT



**LUNGS**

Screening for the lung disease lymphangioleiomyomatosis (LAM), which mostly affects women 18+ years



**EYES**

Exam if symptoms or lesions are present during baseline evaluation



**KIDNEYS**

Kidney health & blood pressure checkup

## ANNUALLY



**LUNGS**

Lung function testing if lung cysts previously detected on high resolution computed tomography (HRCT)



**SKIN**

Dermatologic examination to look for changes to skin

## EVERY 3-6 MONTHS



**DENTAL**

Dental examination to detect dental pits and gum tumors

## EVERY 2-3 YEARS



**LUNGS**

Lung scan or HRCT if lung cysts previously detected (every 5-10 years if no cysts reported)

## EVERY 1-3 YEARS



**BRAIN**

Brain scan, or MRI, to look for brain tumors called subependymal giant cell astrocytoma (SEGA). If SEGAs are detected before 25, then periodic monitoring may be required into adulthood (if not, continued imaging is not required)



**HEART**

Heart scan, or echocardiogram, to monitor for tumors. If symptoms are present, more frequent monitoring may be needed

## EVERY 3-5 YEARS



**HEART**

Heart test, or electrocardiogram (ECG or EKG), to monitor for abnormalities in heart rhythm

## REPRODUCTIVE AGE



**GENETIC TESTING**

Genetic testing, if not done previously, to confirm diagnosis