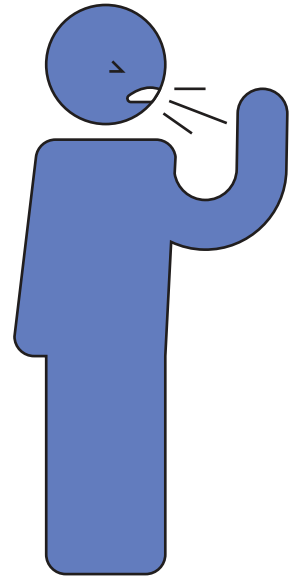


# Understanding the health of people with learning disabilities over their lifetime

Airway Diseases are the 4<sup>th</sup> most common health condition for people with learning disabilities.



Airway Diseases include bronchitis, chronic obstructive pulmonary disorder (COPD), and asthma.

People with Airway Diseases can develop other health problems.



Mental Illness



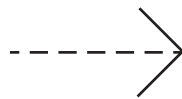
Reflux Disorders

The most common are:

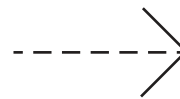
These problems do not happen all at the same time. They can take years to develop.



Airway Diseases can take up to 6.6 years



Mental Illness



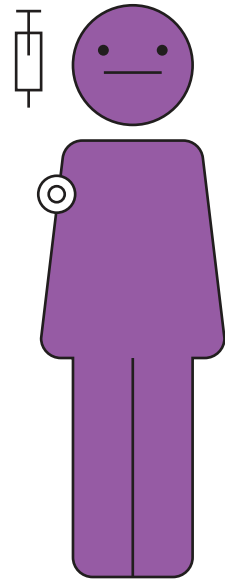
Reflux Disorders can take up to 7 years

Eating healthy, exercising and sleeping well can help prevent these problems from occurring.

**Speak to your doctor, family or carer if you have any questions or worries about this information.**

# Understanding the health of people with learning disabilities over their lifetime

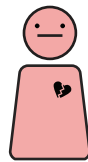
Diabetes is the 9<sup>th</sup> most common health condition for people with learning disabilities.



Diabetes is when there is too much sugar in your blood.

This can badly damage your body.

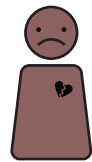
People with Diabetes can develop other health problems.



Hypertension



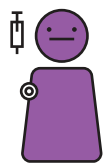
Kidney Disease



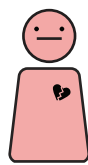
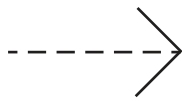
Heart Failure

The most common are:

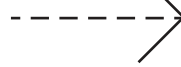
These problems do not happen all at the same time. They can take years to develop.



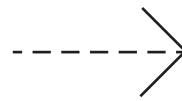
Diabetes



Hypertension



Kidney Disease



Heart Failure

can take up to 5.6 years

can take up to 7.2 years

can take up to 2.9 years

Eating healthy, exercising and sleeping well can help prevent these problems from occurring.

**Speak to your doctor, family or carer if you have any questions or worries about this information.**