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Statement on Nutritional Supplements and Piracetam for Children with Down Syndrome

Recently information from national television programs and mass mailings has promised benefit of treatment with amino acid supplements and Piracetam (2-oxo-1-pyrrolidine acetamide), a psychoactive drug that is postulated to improve cognitive function. We are aware of no definitive scientific proof that either treatment is beneficial. We support establishing well-designed randomized trials of each of these treatment modalities to determine what, if any, benefits they may offer for children with Down syndrome.

This guideline is designed primarily as an educational resource for medical geneticists and other health care providers to help them provide quality medical genetic services. Adherence to this guideline does not necessarily assure a successful medical outcome. This guideline should not be considered inclusive of all proper procedures and tests or exclusive of other procedures and tests that are reasonably directed to obtaining the same results. In determining the propriety of any specific procedure or test, the geneticist should apply his or her own professional judgment to the specific clinical circumstances presented by the individual patient or specimen. It may be prudent, however, to document in the patient's record the rationale for any significant deviation from this guideline.

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