

health problems. This study aims to evaluate the utility of a standardized multidisciplinary assessment in identifying previously undiagnosed morbidity in this population. Adult women with Turner syndrome underwent a multidisciplinary evaluation, including medical history review, physical examination, and laboratory testing. The assessment was standardized to ensure consistency and thoroughness in identifying health issues. The assessment revealed significant previously undiagnosed health issues in a substantial number of women with Turner syndrome. These included cardiovascular problems, metabolic abnormalities, and endocrine issues, among others. Early detection of these issues allows for timely intervention and management, which can improve the quality of life for these individuals. A standardized multidisciplinary assessment is recommended for the identification and appropriate management of health problems in this population.

Keywords: Turner syndrome; Multidisciplinary assessment; Undiagnosed morbidity; Adult women; Standardized evaluation; Health issues

Introduction

Turner syndrome is a chromosomal disorder that affects approximately 1 in 2,000 live female births [1], resulting from the complete or partial absence of one of the two X chromosomes. This genetic condition can lead to a variety of medical and developmental challenges throughout a woman's life. While early diagnosis and intervention have improved outcomes for girls with Turner syndrome, many adult women with this condition continue to face undiagnosed or unrecognized health issues. Despite advances in medical understanding and care, there remains a gap in the comprehensive assessment of health concerns specific to adult women with Turner syndrome. Traditional medical evaluations may not always capture the full spectrum of potential health problems [2], leading to underdiagnosis and undertreatment. This study underscores the need for a more thorough and multidisciplinary approach to evaluating the health status of these individuals. The aim of this study is to investigate the effectiveness of a standardized multidisciplinary assessment in identifying previously undiagnosed morbidity in adult women with Turner syndrome. By employing a comprehensive evaluation that encompasses medical history, physical examination, and specialized testing, we seek to uncover hidden health issues that may otherwise go unnoticed. Early detection and intervention could significantly improve the quality of life for these women by addressing health issues proactively [3,4]. This research contributes to the broader understanding of the healthcare needs of adult women with Turner syndrome and emphasizes the importance of routine, multidisciplinary evaluations in this population.

Materials and Methods

The study included adult women diagnosed with Turner syndrome who were referred to our specialized clinic for evaluation. Participants were aged 18 years and older, with varying degrees of clinical manifestations related to Turner syndrome [5]. Participants underwent a comprehensive multidisciplinary assessment that was designed to be standardized across all evaluations. The assessment consisted of the following components: Medical history review

may have limitations related to sample size, generalizability, and potential biases inherent in retrospective data collection. By employing this multidisciplinary approach, we aimed to provide a thorough evaluation of the health status of adult women with Turner syndrome, identifying previously undiagnosed health issues that may require further intervention and management.

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