



Tips for Adult Women with Turner Syndrome

Height

- Find shops that cater to petites and your size.
- Learn to sew and/or find a good tailor.
- Buy skirts, dresses, and capris that are designed to be a shorter length on average-height women. Some long tops work well as dresses.
- Organize things in cupboards according to frequency of use putting frequently used items where they are easily reached.
- Have a stool and/or step ladder handy.
- Don't be afraid to ask for help

Disclosure

- Decide what you want others to know and who you want to share the information with.
- Be well informed. There is a lot of wrong information and "myths" that have been circulating for many years.
- Make sure explanations are suited to the audience. Answer the questions asked very simply not going into too much detail.
- Direct people to the web for details.

Education

- Research current literature on line.
- Attend conferences and info days.
- Join the Turner Syndrome Society of Canada to receive newsletters and network with other members at chapter meetings.

Medical Issues

- Be your own advocate. Keep informed. Be proactive and assertive.
- Keep asking until you get answers. Be open with your doctor.
- Be organized with diagnosis and treatment. Keep good up to date records.
- Live healthily – eat well and exercise.
- Be positive. Keep your medical concerns in perspective

Living with Turners Syndrome

- Build your confidence and self esteem by exploring your interests and special skills.
- Take further education and/or find a job that utilizes your special talents.
- Concentrate on positive aspects of your life and surround yourself with positive people.

- Disregard stares. Ignore teasing and cultivate a sense of humour.
- Seek counseling if needed.
- Be assertive and take risks. Take life skill and time management workshops to help to build organizational skills and confidence.
- Be active in life. Get involved in a variety of activities and utilize dating services to try to find a soul mate.
- Infertility is a big issue for Turners women. Dialogue with your partner is so important and can actually enhance a relationship. Carefully consider all options available to you and your partner with the help of medical professionals

This is a list developed from a workshop at the 27th Annual Conference of the Turner Syndrome Society of Canada, May 2008.

We invite further suggestions – email tssincan@web.net