

**Scoliosis**

**What is it**
- Abnormal sideways curvature of the spine

**Who gets it**
- Infants, adolescents, and adults can all have this deformity
- Most common age of onset is 10-15
- Girls are at higher risk for curvature progression
- Vast majority of cases have no known cause

**How is it diagnosed**
- Typically first noticed based on physical observation
- If suspected, x-ray to confirm diagnosis and determine severity

*Many states require screening in schools, VT does not*

**Possible effects on health**
Depending on the magnitude of the curve
- Reduced heart and lung function
- Pain
- Reduced self-esteem due to cosmetic considerations

**Treatment options**
- Observation
- Bracing
- Surgery
*If caught early enough, bracing is proven to prevent progression of deformity to levels requiring surgery

**What you can do**
- Observe your child for some of the following physical signs...

- See this video for demonstration of how to screen your child:

  [https://www.youtube.com/watch?v=7bfp0fcfH7E](https://www.youtube.com/watch?v=7bfp0fcfH7E)

- Ask your child’s doctor for more information. Be the one to start the conversation!

*For more reading visit: www.scoliosis.org*