

# Putting A Spotlight On...

## Usher Syndrome

### What is Usher Syndrome?

- Usher syndrome is a condition that affects both hearing and vision. It causes eye disease and deafness. It may also cause balance problems. There are 3 types of Usher Syndrome, Types 1 and 2 are the most common.

### What are the signs/symptoms?

- Symptoms include:
  - deafness or hearing loss
  - retinitis pigmentosa (RP) - an eye disease
- In children:
  - Trouble moving around in the dark
  - Taking longer to adjust to lighting changes
  - Tripping over objects in their path
- In adults:
  - Trouble walking, reading, and driving

### What is Usher Syndrome a result of?

- Usher syndrome is a result of changes in genes, or gene mutations. Each type of Usher Syndrome can be caused by different gene mutations.

### What are the complications of Usher Syndrome?

- Symptoms of Usher Syndrome tend to get worse over time
- Can lead to deafness or blindness
- Babies born with Type 1 may experience balance problems which may cause delays in their ability to sit or walk by themselves. They also may need help with any balance related activity.

### References:

- [www.nei.nih.gov](http://www.nei.nih.gov)
- [medlineplus.gov/genetics/condition/usher-syndrome](http://medlineplus.gov/genetics/condition/usher-syndrome)
- [my.clevelandclinic.org/health/diseases/15046-usher-syndrome](http://my.clevelandclinic.org/health/diseases/15046-usher-syndrome)

