



Living life with PKU

Dear Teacher,

..... has a rare inherited disorder known as Phenylketonuria or PKU, which prevents the body breaking down food proteins in the usual way. If left untreated, this non-contagious disorder results in brain damage. Fortunately, PKU can be treated with a low Phenylalanine (Phe) diet and a special supplement *or substitute*.

It is critical that this diet continue to be maintained. Although there is no immediate reaction if a child with PKU eats the wrong food, there is an effect on the brain over time. In all other respects our child is exactly the same as any other and is no more likely to suffer illness than any other child.

Every person with PKU has an individual treatment plan. Exact portions of food are carefully measured and blood levels of Phenylalanine (Phe) are regularly monitored. In order to do this accurately, please do not allow our child to:

- Share food with other children
- Eat food unless provided by us, or from a list of food we have given you

Leftover food must be brought home to help us in our daily calculations and if any additional food is eaten, it's important that we are advised, so that adjustments can be made to the day's intake.

Please contact us on if you need more information.

You can find out more about the disorder on www.PKU.com/en