

**PKU
PREGNANCY
AND YOU**

THE CALIFORNIA MATERNAL PKU PROJECT

To Women With PKU:

If you are a young woman with PKU who is pregnant or thinking of pregnancy, this booklet was written for you. It contains important information for you and your future children. It may be helpful to discuss this information with your partner or other family members. Your doctor and the PKU clinic staff can answer your questions about anything in this booklet. Please keep this booklet for your records.

IMPORTANT TELEPHONE NUMBERS

Name/Address

Telephone

(Doctor)

(PKU Clinic)

INTRODUCTION

What Is Phenylketonuria (PKU)?

PKU is a disorder that affects the way your body uses the food you eat. People who have PKU cannot break down and use the amino acid called phenylalanine (phe) that is found in many foods. Since the phe cannot be broken down, it builds up to high levels in the body. This extra phe in a person's body can cause lifelong mental retardation if it is not treated at an early age. High phe levels can also cause problems for babies born to women with PKU.

The two major types of PKU are Classical PKU and Variant PKU. People who have Classical PKU are usually treated with a special "low phe" diet. People with Variant PKU may be treated with a special diet if the phe builds up to high levels in their body.

Women with either type of PKU should be on a special low phe diet before and during pregnancy if they have high phe levels. This is important even for women with PKU who were never on a special diet as children.

About one baby in every 15,000 is born with PKU. Babies inherit PKU from their parents like they inherit their eye and skin color. You cannot catch PKU from someone else like you catch a cold.

PKU can be treated, but it cannot be cured or outgrown. If you had PKU as a baby, then you still have it now. PKU can cause problems for some adults who are not on treatment. The most harmful problems happen when a pregnant woman with PKU is not treated. Babies of these women are usually mentally retarded, smaller at birth, and may have other serious birth defects.

The chances of having a baby with these problems can be reduced or prevented. If you are pregnant or thinking of pregnancy, then the information in this booklet is especially important for you.

What Is Maternal PKU?

Maternal PKU refers to the special problems that can happen when women with PKU have children. Maternal PKU is a concern to women with PKU who:

- are at the age when they could become pregnant;
- are pregnant; and/or
- already have children.

Women with PKU who do not eat a special low phe diet during pregnancy will have high levels of phe in their body. These high levels of phe can cause serious problems for the unborn baby. Usually these babies do **NOT** have PKU themselves. However, many of these babies are mentally retarded, too small in size, or may have birth defects such as heart problems.

These problems may not happen or may be reduced if women with PKU stay on a special diet, which is low in phe during their entire pregnancy.

Because severe damage to the unborn baby can start at the beginning of pregnancy, it is recommended that women with high phe levels be on a low phe diet **BEFORE** they become pregnant.

Why Should I Go To A PKU Clinic Before I Become Pregnant?

The doctors, nurses, nutritionists and other people who work in PKU clinics are experts in helping women with PKU. They want to see you before you get pregnant to help you get ready for a healthy pregnancy. You will also be seeing another doctor or other health care provider for your regular pregnancy care. Together, your PKU clinic and other doctor will care for you during your entire pregnancy to make sure that your baby is as healthy as possible. PKU clinics are listed in “PKU RESOURCES” at the end of this booklet.

Before you become pregnant, you will need to go to a PKU clinic to plan your low phe diet and to have your phe levels measured.

Continue your birth control method until the clinic says that your phe levels are low enough to safely begin a pregnancy.

The safest range of phe during pregnancy is thought to be between 2 – 6 mg/dl (milligrams per deciliter). This is the same as 120-363 $\mu\text{M/L}$ (micromoles per liter).

If you think you might already be pregnant, call your PKU clinic immediately. If you become pregnant while your phe levels are too high, your baby could be born with serious problems.

THE LOW PHE DIET

The nutritionist at your PKU clinic will help you plan the low phe diet and will teach you everything you need to know about it. Right now, no one is sure if the diet will fully protect your baby. However, the low phe diet will give you the best chance of having a healthy baby.

When you start the low phe diet, it may take time for you to get used to it. Also, it will take several weeks for the diet to lower the phe level in your body. After that, your phe levels will be measured often to make sure that they stay within a safe range.

When you visit your PKU clinic, it is a good idea to bring a family member and/or your partner or close friend with you. They can listen to the advice given by staff at the clinic and help you follow it. They can also learn about your special low phe diet and help you with that as well.

What Is The Low Phe Diet?

The low phe diet is the most important part of the treatment for Maternal PKU. The diet includes low protein foods like fruits, juices, most vegetables, breads and grains, fats, "specialty foods," and a special drink.

The special drink has no phe in it, and provides calories and protein needed during pregnancy. It also has most of the vitamins and minerals that you and your baby need. The special drink is the most important part of your diet and should *never* be skipped.

The special drink can be made from any of the following mixes:

- PKU-3 (made by Milupa Corporation)
- Phenyl-Free (made by Mead Johnson Company)
- Maxamum (made by Scientific Hospital Supplies)

The PKU clinic will give you a recipe to mix the special drink using the right amount of powder for each day. The powder can be mixed with water, apple juice, lemonade, Tang®, Kool-Aid® (without NutraSweet®), or other drinks that do not have any protein. The nutritionist will work with you to help you find the drink mix that you like the best.

What Is The Meal Plan?

The nutritionist at your PKU clinic will plan a special diet just for you. You will be given a “Meal Plan” and “Food Lists” to use in planning your meals each day. The Meal Plan tells you how to mix the special drink, which Food Lists to use, and how many “phe equivalents” you should eat in your meals and snacks each day.

What Are Food Lists and Phe Equivalents?

“Food Lists” are the foods that you are allowed to eat, listed in “serving size” portions. Foods Lists are also called “Food Equivalent Lists.” The four Foods Lists are:

- | | |
|---------------|----------------------|
| 1) FRUITS | 3) BREADS AND GRAINS |
| 2) VEGETABLES | 4) FATS |

“Phe equivalents” are a way of measuring the amount of phe in foods. One phe equivalent is a portion of foods that has 15 mg. (milligrams) of phe in it. The size of this portion is different for each food because it depends on how much phe is in the food.

How Many Phe Equivalents Can I Eat?

The number of phe equivalents allowed in your Meal Plan is planned just for you. Also your Meal Plan will change during your pregnancy depending on your phe levels and weight gain. As your baby grows, your body will need more phe, so you will be allowed to eat more phe equivalents. The PKU clinic staff will make the necessary changes in your diet and give you new Meal Plans to follow.

You should eat no more and no less than the number of phe equivalents allowed in your meal plan each day.

If you eat too many phe equivalents, your phe levels may go up too high and harm your unborn baby. If you eat less than the number of equivalents you are allowed, then your unborn baby may not get enough phe needed to grow. The number of phe equivalents on your Meal Plan should give your baby the right amount of phe and calories.

How Do I Plan My Meals?

Your own Meal Plan will tell you which Food List to use. You will pick the foods you want to eat from your Food Lists. Then you plan a menu from the foods you picked each day. It may be hard for you to follow your special diet, but the staff at your PKU clinic is always ready to help you.

the next two pages show a sample Meal Plan and Menu. For information on low phe recipes, please see “PKU RESOURCES” at the end of this booklet.

Sample Menu that goes with the Meal Plan on the previous page:

BREAK-FAST:	8 ounces Special Drink 1 cup Rice Krispies cereal ¼ cup low protein cream substitute 1 small banana	½ cup orange juice 1 slice low protein bread 1 tablespoon jelly 1 tablespoon margarine
SNACK:	Fruit Punch (or other “free food”)	
LUNCH:	8 ounces Special Drink 6 Saltine Crackers 1 Tbsp. margarine or butter ¼ of a medium sized cantaloupe	1 cup chopped lettuce ½ a chopped tomato, fresh 2 Tbsp. oil-based salad dressing
DINNER:	8 ounces Special Drink 1 medium sized baked potato 2/3 cup cooked green beans	4 Tbsp. margarine or butter 1 medium sized fresh peach 10 ounces pineapple juice

What is a Diet Record?

The diet record lists all the foods and drinks you eat during the 3 days before your blood sample is tested for phe levels. You will be asked to bring this lists to the clinic or mail it in. It is very important for you to write down exactly what you eat so the PKU clinic staff can tell how many phes and calories you are getting. The staff will use this information to change your diet to meet the needs of you and your growing baby.

What Are Free Foods?

“Free Foods” have little or no phe in them but do have calories. Your diet will include some free foods to give you the extra calories you need for proper weight gain. Your Meal Plan will tell you how many free foods you can eat. Some examples of free foods are apples, fruit drinks, oil-based salad dressings, margarine and sugar.

What Foods Should I Stay Away From?

- 1) Milk and milk products such as yogurt, cheeses and ice cream
- 2) Meats, including beef, pork and lamb, and other high protein foods like eggs, fish and other seafood chicken, turkey, other poultry, dried beans and peas and nuts.

You should NOT eat these foods because they have too much phe for your diet while you are pregnant.

What About Other Food Products?

You should not use food products that have “aspartame (APM)” in them because aspartame is made of phe. Also, it is not known how much aspartame, if any, is safe to use during your pregnancy.

“NutraSweet®” is a brand name for aspartame. NutraSweet® is a sweetener which can be found in many low-calorie products like diet sodas (Diet COKE®, Diet Pepsi®), ice tea mixes, sugar-free Kool-Aid®, hot chocolate, other powdered drinks mixes, chewing gum, desserts and many other foods and drinks. NutraSweet® is also found in a dry table sugar substitute called EQUAL®. EQUAL® is sold in little packets or as small tablets in a dispenser.

Products with NutraSweet® in them should have a written warning on the package, can or bottle that say:

“Phenylketonurics: Contains Phenylalanine”

Products that are sweetened totally (100%) with NutraSweet® are also marked with a symbol that looks like this:



Many foods and drinks have aspartame in them, but not all products have a warning or special marking on the package. The label of ingredients on a package should list aspartame if it is used. Check the label of ingredients for one or more of these words: NutraSweet®, aspartame (APM), or just aspartame.

Some medicines and vitamins also have aspartame. If you are not sure whether something has aspartame in it, ask the staff at your PKU clinic.

NutraSweet® and Equal® are registered trademarks of the NutraSweet Company for its brand of sweetening ingredient.

GENERAL PREGNANCY ADVICE

What Else Can I Do To Increase My Chances Of Having A Health Baby?

A healthy mother and father are more likely to have a healthy baby. So, before pregnancy, both parents should try to be as healthy as possible. This section lists some general things that are important for the health of ALL pregnant women. You should discuss this section with your doctor or other health care provider.

What About Exercising?

Regular exercise can help your body get ready for pregnancy and childbirth. But some exercises that are good for your body when you are *not* pregnant, may be harmful while you *are* pregnant. Your doctor or other health care provider can tell you about the best exercises for you and your baby.

What About Medicines Or Drugs?

Some medicines can be harmful to an unborn baby. Ask your doctor before taking any medicines while you are pregnant or trying to become pregnant. Medicines include both those, which a doctor prescribes, and those, which you can buy without a prescription, such as aspirin and cold tablets.

Illegal or “street” drugs may also harm an unborn baby. Mothers who are addicted to drugs like heroin are likely to have babies with serious health problems.

If you are taking birth control pills and then decide to become pregnant, talk with your doctor. Your doctor may want you to stop taking the pills and wait a few months before trying to get pregnant. If you are already pregnant, do NOT take any pills. No one is sure about the effects of birth control pills on an unborn baby.

What About Taking Vitamins?

You should only take the vitamin or mineral tablets that your doctor tells you to. Too much of certain nutrients can harm you and your baby.

What About Drinking?

Pregnant women who drink alcohol (beer, wine, cocktails), increase their risk of having a baby with physical and mental problems. No one knows how much alcohol, if any, is safe to drink during pregnancy. So, it is best not to drink any alcohol if you are pregnant.

What About Smoking?

Smoking is bad for the health of both a mother and her unborn baby. Pregnant women who smoke can have babies with low birth weight. These babies have more health problems than babies with normal birth weights. It is smart not to smoke, especially when you are pregnant.

DURING AND AFTER PREGNANCY

How Much Weight Should I Gain During Pregnancy?

Like every parent-to-be, you will want to have a healthy baby. To do this, you will need to gain weight during your pregnancy even though you are on a special diet. Most women are told to gain from 24 to 36 pounds. Your doctor or other health care provider will tell you how much weight gain is best for you. Do NOT try to lose weight while you are pregnant.

Your weight gain should be smooth and steady throughout your pregnancy. During the first three months, expect to gain a total of about 2 to 4 pounds. During the last six months of your pregnancy, expect to gain about 1 pound each week. There should always be a steady increase in your weight gain. If your weight changes suddenly, see your doctor or other health care provider.

What Special Care Will I Need While I Am Pregnant?

While you are pregnant, you need to visit the PKU clinic regularly to have your diet and phe level checked. You will also need to see your family doctor, an obstetrician (a pregnancy care doctor) or other health care provider. The PKU clinic staff and your other health care providers will work closely together with you to help your baby grow as normally as possible.

What Tests Will I Need?

Many laboratory tests will be done during your pregnancy. Some tests are done for all pregnant women. Other tests are special ones that you will need because you have PKU. For example, a simple blood test measures how much tyrosine is in your body to see if you need to have tyrosine added to your diet.

Another test you may need is called "ultrasound." Ultrasound uses sound waves to make a special picture of the baby inside of you. The doctor can look at this picture to see if your baby is growing normally. This test is not known to harm you or your baby.

If you have any questions about the visits and/or tests, write them down and ask your doctor or clinic staff.

Will I Have A Normal Labor and Delivery?

Women with PKU can expect to have a normal childbirth. However, as with any pregnancy, sometimes problems can develop that need special care.

Can I Breastfeed My Baby?

You will probably be able to breastfeed, if that is your choice. The final decision will depend upon the level of phe in your breast milk; and your baby's level of phe during the first few days of life.

What Tests Will My Baby Need?

After your baby is born, your doctor or clinic will do tests that are done on all newborn babies. Because you have PKU, other tests will be done on your baby. For example, the levels of phe and other amino acids in your baby's blood will be measured several times during the first week of life to be sure that your baby does not have PKU.

What Else Should I Do After My Baby Is Born?

Your baby's growth and development should be followed by a pediatrician (a doctor for children) or another health care provider and by the PKU clinic. Your doctor and the PKU clinic want to help your child grow up healthy. It is very important for your child to see the doctor regularly. The PKU clinic is also interested in seeing your child. The staff will tell you when to bring your child to the clinic. These visits allow the staff to find problems early and start treatment when it is the most helpful. If you have any questions about the clinic visits or about your child's growth, be sure to ask your doctor or other clinic staff.

After your baby is born, it is better for your health to wait a few years before becoming pregnant again. You might want to ask your doctor for advice on the best time to plan another pregnancy. **But, if you are planning to have another baby soon, you should stay on the low phe diet.** If there is ANY chance that you might get pregnant, whether planned or not, it is a good idea to stay on the diet.

A Note To The Reader

This next section has some important information on the chances of your baby being born with PKU. This information is hard for most people to understand, so don't worry if it seems confusing to you at first. You should read this section with the doctor, genetic counselor or nurse at your PKU clinic. They can help explain this section to you and will answer any questions that you may have.

Since this booklet is yours to keep, please feel free to write in it. Two blank pages for "Notes and Questions" are included in this section. You may want to write down some of the new things you learn and questions that you want to ask your PKU clinic staff.

Will My Baby Have PKU?

Your baby will probably NOT have PKU, but it could happen. Your baby will have PKU only if he or she gets two genes for PKU—one gene from you and one gene from the baby's father.

Everyone has "genes" that can be passed on to their children. There are many different kinds of genes that people can have. Some genes determine traits like a person's height and the color of their eyes and hair. Other genes are responsible for some disorders like PKU. All of us have at least a few genes that could cause problems for us and/or our children.

How Will I Know If MY Baby Has PKU?

It is possible to test babies for PKU before they are born. If you want to learn more about this test, ask your PKU clinic staff. After your baby is born, he or she will be tested for PKU. Most states have laws that require PKU testing for all babies. If your baby does have PKU, he or she will be treated with a special low phe diet for infants.

What About The Father Of My Baby?

The father of your baby can have any of the following:

- 1) No genes for PKU. The father does NOT have PKU. Since most people do not have any genes for PKU, it is likely that the father of your baby will not have any genes for PKU.

OR

- 2) One gene for PKU. The father is called a **CARRIER** for PKU. Carriers have only one gene for PKU, so they do not have the high phe levels seen in people with PKU. A carrier's health is not affected by the one PKU gene. Most carriers of the PKU gene do not even know they are carriers. One person in every 50 people is a carrier for PKU.

OR

- 3) Two genes for PKU. The father has PKU since he has two genes for PKU. This situation is not very common because only about one person in every 15,000 people has PKU.

More On The Chances Of My Baby Having PKU

Since you have PKU, you have two PKU genes. Your baby will always get one PKU gene from you. However, your baby will have the disorder only if he or she gets another PKU gene from the father.

The following situations show the different chances of your baby having PKU:

Situation #1 Mother has 2 PKU genes (She has PKU)

AND

Father does NOT have any PKU genes

This is the most common situation. If the father of your baby does not have any genes for PKU, then your baby will NOT have PKU. However, your baby will be a carrier for PKU since he or she will still get one PKU gene from you. This one gene will not affect your baby's health in any known way.

Situation #2 Mother has 2 PKU genes (She has PKU)

AND

Father has one gene for PKU (He is a CARRIER)

If your baby's father is a carrier for PKU, then your baby will either be a carrier like the father, OR your baby will have PKU like you. Your chances of having a baby that is a carrier is the same as your chances of having a baby with PKU. Each baby you have has an equal chance of being a carrier or having PKU.

All of your children could be carriers for PKU which means they only have one gene for PKU. It is just as likely that all of your children will have PKU which means they have two genes for PKU. Or, Some of your children could be carriers and some could have PKU.

Situation #3 Mother Has 2 PKU genes (She has PKU)

AND

Father has 2 PKU genes (He has PKU)

If the father of your baby also has PKU, then your baby will have PKU. All children that you have by this father will have PKU. However, since most people do not have PKU, it is not very likely that you will choose a partner that has PKU.

NOTES AND QUESTIONS

LIST OF PKU CLINICS IN CALIFORNIA

ALAMEDA COUNTY

Children's Hospital Medical Center
of Northern California
Child Development Center
747 52nd Street
Oakland, CA 94609
(415) 428-3351

FRESNO COUNTY

Valley Children's Hospital
Medical Genetics Department
3151 North Millbrook Avenue
Fresno, CA 93703
(209) 225-3000, extension 1434

LOS ANGELES COUNTY

Children's Hospital of Los Angeles
PKU Section
4650 Sunset Boulevard
Los Angeles, CA 90027
(213) 669-2226

Harbor/UCLA Medical Center
Division of Medical Genetics – E4
1124 West Carson Street
Torrance, CA 90502
(213) 533-3745

Los Angeles County/USC Medical Center
PKU Center/Genetics Division
1129 North State Street, Room 1G-24
Los Angeles, CA 90033
(213) 226-3816

Southern California Kaiser Permanente
Medical Group
Regional Perinatal Screening
393 East Walnut
Pasadena, CA 91188
(818) 405-5140

UCLA School of Medicine
Center for Genetic Diseases
MDCC – 22 – 499
10833 Le Conte Avenue
Los Angeles, CA 90024
(213) 206-6581

ORANGE COUNTY

U.C. Irvine Medical Center
Genetics Division
Building 29A, Route 81
101 City Drive South
Orange, CA 92668
(714) 634-6878

Northern California Kaiser Permanente
Medical Group
Regional Metabolic Center
280 West MacArthur Boulevard
Oakland, CA 94611
(510) 428-6682

SACRAMENTO COUNTY

U.C. Davis Medical Center
Department of Pediatrics/Genetics
4301 "X" Street
Sacramento, CA 95817
(916) 453-3721

SAN BERNARDINO COUNTY

Loma Linda University
Medical Center
Division of Genetics
11234 Anderson Street
Loma Linda, CA 92354
(714) 796-7311, extension 3003

SAN DIEGO COUNTY

San Diego-Imperial Counties
Developmental Services, Inc.
Metabolic Clinic
4355 Ruffin Road, Suite 216
San Diego, CA 92123
(619) 576-2975

SAN FRANCISCO COUNTY

U.C. San Francisco, Medical Center
PKU Center/MR IV, Room 125
3rd and Parnassus Streets
San Francisco, CA 94143
(415) 476-5048

SANTA CLARA COUNTY

Stanford University Medical Center
750 Welch Road, Suite 120
Palo Alto, CA 94304
(415) 723-7987

If you need help in finding a PKU clinic near you, ask your doctor or other health care provider.

What Special Programs Are Available To Women With PKU?

Many of the special services listed in this booklet (PKU clinic visits, laboratory tests, etc.) can be fully or partially paid for by programs set up to help people with genetic conditions. You may also be able to get help in buying specialty foods and the products used to make the special drink for your low phe diet.

If you live in California and are under 21 years old, a program called California Children's Services (CCS) may be able to help you pay for medical care and related services. CCS may also pay for some or all of the powder used to make the special drink and other specialty foods required in your diet. If you are 21 years old, a program called California Children's Services CCS may also pay for some or all of the powder used to make the special drink and other specialty foods required in your diet. If you are 21 years old or older, and living in California, the Genetically Handicapped Persons Program (GHPP) may be able to help you.

You should contact these programs immediately, before starting the low phe diet, to find out if you are eligible to get help in paying for the special drink, specialty foods and other needed services.

Ask your PKU clinic for more information and help in reaching these and/or other programs. Your PKU clinic can help you enroll for services. You can also contact these programs yourself:

California Children's Services (CCS)

Look in the white pages of your telephone book under: "COUNTY GOVERNMENT OFFICES." This section is near the beginning of the telephone book. You will find a telephone number for California Children's Services. You can also call the main telephone number for your County Health Department.

Genetically Handicapped Persons Program (GHPP)

Write or call the office below for information and instructions:

Genetically Handicapped Persons Program
California State Department of Health Services
714 P Street, Room 355
Sacramento, CA 95814
(916) 322-2093

What About Specialty Foods and Low Protein Recipes?

The nutritionist at your PKU clinic will show you many specialty foods that are low in protein and phe. You will learn how to use these foods and how to count them in your low phe diet. These foods can give you more variety and add interest to your diet.

Specialty foods include:

- Low protein pasta (spaghetti, macaroni)
- low protein bread
- low protein cereal
- low protein cookies
- low protein crackers
- low protein baking mix
- low protein cookie mix
- low protein cake mix

Your PKU clinic has addresses of companies that make specialty foods and information on how to buy products.

Also, you will want to try some of the new low protein recipes that are available for many dishes. Some of the low protein recipes can be made with regular ingredients that you buy at any grocery store or supermarket. Other recipes can be made with specialty foods. Below is a list of places to contact for buying cookbooks with low protein recipes. Your PKU clinic will have more information on recipes, low protein meals, specialty foods and how to cook them.

Low-Protein

“Low Protein Cookery for Phenylketonuria,”

by Virginia Schuett (1977)

University of Wisconsin Press

Marketing Department

114 North Murray Street

Madison, WI 53715

Second edition due out in 1987

“Low Protein Breads,”

by Virginia Schuett and Jean L. Yandrow (1983)

Waisman Center Metabolic Clinic

University of Wisconsin

1500 Highland Avenue

Madison, WI 53705

“The PKU Cookbook,”

by Phyllis Acosta (1976)

1103 Woodbern Way

Tallahassee, FL 32304

“Low Phe Recipes and Helpful Hints,”

by Sharon Boydston (1984)

11427 Julius Avenue

Downey, CA 90241

Written by a PKU parent

The California Maternal PKU Program

The Maternal PKU (MPKU) Program began in 1985. This program is in the Newborn Screening Section of the California Department of Health Services, Genetic Disease Branch. The following are the goals of the Program:

- Provide current information on maternal PKU to young women with PKU.
- Provide support to young women with PKU in maintaining a healthy diet and lifestyle.
- Inform health care providers of the special needs of women with PKU before and during pregnancy.

The Program includes a newsletter, educational materials and a weeklong camp/conference for young women with PKU. Also, a registry is maintained which contains information on women with PKU. This information is used to evaluate the California MPKU and Newborn Screening Programs.

If you are a young woman with PKU, the Program wants to keep you informed about maternal PKU. You may call or write to us directly at the number and address listed on the back page of this booklet. If you know other young women with PKU, please tell them about this Program. Tell them to call their doctor or the Maternal PKU Program for more information.

To do List

- 1) Tell my family doctor or other health care provider that I have PKU
- 2) Visit a PKU Clinic (Ask my doctor for referral to closest clinic or see list of PKU Clinics in the “PKU Resources” section in this booklet)
- 3) Stay on the low phe diet that was planned especially for me
- 4) Discuss information in this booklet with my doctor and my partner, family and/or friends.

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- Parents of children with PKU
- Young women with PKU
- Newborn Screening Section of the Genetic Disease Branch

For more information on PKU and Maternal PKU or for additional copies, please contact the California Maternal PKU Program.

California State Department of Health Services
Genetic Disease Branch-Newborn Screening Section
Maternal PKU Program
2151 Berkeley Way, Annex 4
Berkeley, CA 94704
(510) 540-2534

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