

WHERE CAN GREATER PHE CONTROL TAKE YOU?

**Find out by starting a conversation with your
PKU healthcare team.**

This guide can help you and your healthcare team determine if you are experiencing symptoms of high blood Phe levels and find a management plan to reach your goals.





PKU and high blood Phe levels affect everyone differently

Understanding how to recognize symptoms of high blood Phe levels is an important step in your PKU care. Some—but not all—of the ways these symptoms can appear include:

- ▶ Feelings of fogginess, confusion, and anxiety
- ▶ Impact on memory, attention, and ability to complete tasks
- ▶ Effects on relationships with friends and/or loved ones



PKU is a condition that requires lifelong management—but your healthcare team can help.

Take control of your PKU by recognizing its symptoms...

...and discussing them with your healthcare team.



Take this guide with you to your PKU clinic

Many symptoms of high blood Phe levels can be improved by returning to active management. By knowing what to look for and how to best manage your PKU, you can stay on track with your care.

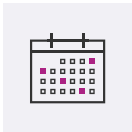


Symptoms

Have you experienced any of the below symptoms since your last clinic appointment?
Check all that apply.

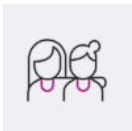
- ☐ Feeling foggy, or processing information slowly
- ☐ Difficulty focusing
- ☐ Depression
- ☐ Behavioral or social problems
- ☐ Difficulty in decision making, problem solving, and planning
- ☐ Anxiety
- ☐ Problems with memory
- ☐ Irritability

Describe what you're experiencing and give examples where you can.



Planning

Describe any challenges with remembering things or staying organized.



Daily life

Describe any challenges at school, work, home, or in your relationships.



Current management

Describe any difficulties you have sticking with your prescribed management plan.

My blood Phe level is usually _____

I collect blood spots every _____

My daily Phe/protein goal is _____

I typically eat these foods _____

My routine with formula is _____

My medications/supplements include _____



Before your clinic visit, write your top 3 goals or expectations

1. _____

2. _____

3. _____



During your clinic visit, write down any notes or next steps

Take the next step at [PKU.com](https://www.pku.com)