



MANAGING YOUR BLOOD PHE LEVELS IS A JOURNEY, NOT A DESTINATION

Are symptoms related to high blood Phe levels, like feelings of anxiety and depression or trouble focusing, getting in the way? Working with a PKU clinic **can help reduce some of these symptoms**, so you're more able to achieve your goals.

Am I experiencing symptoms of high blood Phe levels?

High or unstable blood Phe levels directly affect how you think, feel, and act. Some common symptoms of high blood Phe levels include:

Anxiety

Irritability

Fogginess or trouble focusing

Depression

Confusion

Forgetfulness

Symptoms of high blood Phe levels can cause difficulties that may:



Affect your ability to focus at school or work



Make it difficult to remember and/or complete tasks



Impact your relationships with your friends and loved ones

Know your Phe

High blood Phe levels can negatively impact your brain. The higher your levels, the more likely you are to experience related symptoms. That's why it's important to know and track your blood Phe levels.



Experts recommend keeping Phe levels below

6 mg/dL

(360 μ mol/L) for life.



Did you know? Some studies show that keeping Phe levels below 4 mg/dL (240 μ mol/L) may have additional benefits for brain health. The standard range for Phe levels in people without PKU is typically between .5 and 2 mg/dL (30-120 μ mol/L).

Taking control of your PKU means knowing your blood Phe levels

Your healthcare team can help—reach out to your clinic to find out how often you should collect blood Phe levels, how to do so, and answers to any other questions you might have.

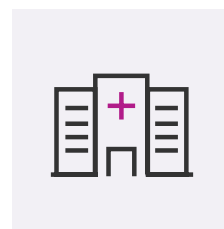
Date of my next blood Phe level collection: _____

My blood Phe collection plan: _____



At home

Ready to collect your blood Phe levels at home? Scan the QR code below to find out how



At a PKU clinic

Ask your healthcare team about the best way for you to collect blood Phe levels

Take the next step at **PKU.com**

