



Are your loved one's PKU symptoms impacting their life?

Take note of their symptoms and discuss this list with their healthcare team.

Date: _____

It is difficult for the person with PKU to focus.



The person with PKU finds it difficult to maintain a PKU-friendly, Phe-restricted diet.



The person with PKU is forgetful and needs repeated reminders.



The person with PKU appears uncomfortable in groups or gets anxious when leaving the house.



The person with PKU's mood changes, and they can feel sad or angry without knowing why.



The person with PKU often seems to be "in a fog" or unable to pay attention.



The person with PKU often has trouble organizing daily tasks and figuring out a plan of action.



It can take the person with PKU a long time to respond to a question, and they have trouble thinking quickly.



Find out where greater Phe control can take you at PKU.com