



How well are you managing your blood Phe?

Could high or unstable blood Phe levels be affecting you?

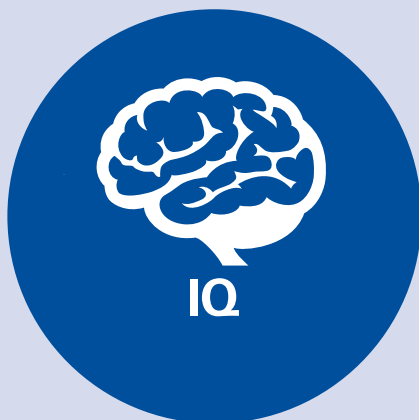
In individuals with PKU, high and unstable Phe levels can lead to a toxic buildup of Phe in the brain. This can impact the way you think, feel and act. Ask yourself the following questions and use them to help discuss possible symptoms with your clinic team.

Why is blood Phe control important?

When Phe levels increase, there can be a toxic buildup of Phe in the brain. As a result, symptoms such as anxiety, irritability, depression and loneliness may also increase.



Studies have shown that Phe levels that remain high over time may affect IQ. When Phe levels are high or unstable, attention, mood and ability to focus can be negatively impacted.



Do you get frustrated trying to solve problems?

Never Rarely Sometimes Often Always

Is it hard to plan and organise your daily tasks and activities?

Never Rarely Sometimes Often Always

Do others say you are moody or irritable?

Never Rarely Sometimes Often Always

Do you forget to take your medical food (formula)?

Never Rarely Sometimes Often Always

Do you feel "foggy" and find it hard to concentrate?

Never Rarely Sometimes Often Always

Does it take you a long time to complete simple tasks?

Never Rarely Sometimes Often Always

Do you get angry with others and get into arguments?

Never Rarely Sometimes Often Always

Do you feel depressed, afraid or anxious?

Never Rarely Sometimes Often Always

Is it hard for you to process information quickly?

Never Rarely Sometimes Often Always

Can you easily switch from one task to another?

Never Rarely Sometimes Often Always

Is it difficult to remember things?

Never Rarely Sometimes Often Always

For more information about the importance of managing blood Phe levels, visit PKUliving.eu.

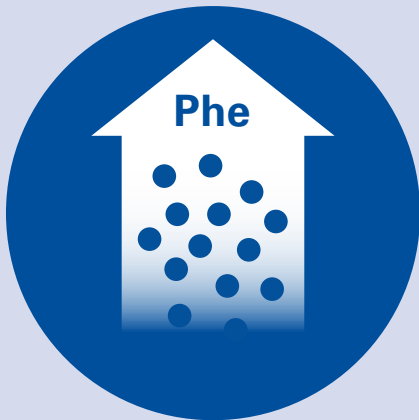


Is your loved one's blood Phe under control?

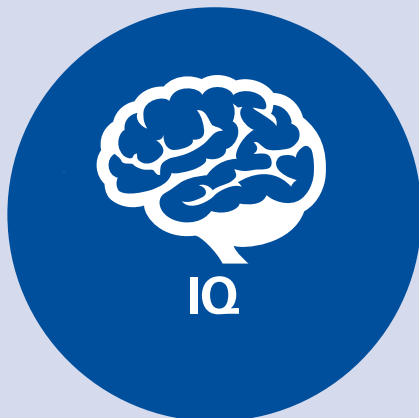
Could high or unstable blood Phe levels be affecting your loved one? In individuals with PKU, high and unstable Phe levels can lead to a toxic buildup of Phe in the brain. This can impact the way they think, feel and act. Consider the following questions and use them to help discuss possible symptoms with your loved one.

Why is blood Phe control important?

When Phe levels increase, there can be a toxic buildup of Phe in the brain. As a result, symptoms such as anxiety, irritability, depression and loneliness may also increase.



Studies have shown that Phe levels that remain high over time may affect IQ. When Phe levels are high or unstable, attention, mood and ability to focus can be negatively impacted.



Does he/she get upset when it's hard to figure something out?

Never Rarely Sometimes Often Always

Is it hard for him/her to follow a sequence of tasks (i.e., cleaning up toys, then making bed, then putting shoes on, etc.)?

Never Rarely Sometimes Often Always

Does he/she seem in a bad mood or get mad or frustrated easily?

Never Rarely Sometimes Often Always

Does it take him/her a long time to finish tasks?

Never Rarely Sometimes Often Always

Does he/she have problems staying focused at school or when doing homework?

Never Rarely Sometimes Often Always

Does he/she get nervous or anxious in social situations?

Never Rarely Sometimes Often Always

Is it hard for him/her to follow along during conversations?

Never Rarely Sometimes Often Always

Does he/she seem lost or in a fog?

Never Rarely Sometimes Often Always

Is it hard for him/her to remember things?

Never Rarely Sometimes Often Always

Does he/she have outbursts or trouble controlling his/her behaviour?

Never Rarely Sometimes Often Always

Does he/she forget to take his/her medical food/formula?

Never Rarely Sometimes Often Always

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