

PKU AND CLINIC INFORMATION

The purpose of this section is to provide information about the PKU Clinic and about PKU management in general.

General information about PKU

- **University of Washington PKU Clinic Information:**
 - PKU Clinic Schedule
 - PKU Clinic Calendar
 - Contacting the PKU Clinic
- **Information about the University of Washington PKU Clinic website**
- **PKU Self-Management Timeline**
- **Special article: *The Discovery of PKU***

Support and Resources

- **National PKU News website information and order form** – many families find the newsletter to be a source of useful information and a link to other people
- **Order forms for the following resources:**
 - *Apples to Zucchini* – a collection of low- and moderate-protein recipes
 - *Low Protein Food List** – a comprehensive list of the phe content of foods.
 - *Low Protein Cookery for PKU**

(**A copy of each of these books is in your Starter Kit, provided by the PKU Action Group.*)
- **Parents' Guide to PKU** written by Mead Johnson

In the Pocket

The following are included in the pocket of this section's divider and may be especially helpful as you learn about PKU and as you discuss PKU with family and friends:

- **New Parents' Guide to PKU** developed by the UW PKU Clinic
- **Babysitter's Guide to PKU** developed by the UW PKU Clinic
- **Pamphlets**
 - *University of Washington PKU Clinic Management Guidelines*
These are the treatment guidelines used by the UW clinic for all ages.
 - PKU Action Group



Cristine M. Trahms Program for Phenylketonuria
University of Washington - CHDD - Box 357920, Seattle, WA 98195

(206) 598-1800, Toll Free in Washington State 877-685-3015
<http://depts.washington.edu/pku>