

Dear Parents,

Congratulations on your new baby and welcome to the PKU Clinic. We are excited to have you as part of our clinic and would like to help you in the best way possible. This *PKU Pal* notebook has been developed to aid you and your child in the management of PKU.

This notebook is divided into sections to help you keep papers, appointments, and other information organized. We encourage you to rearrange the notebook to best suit your needs. You can even create sections of your own and personalize the notebook any way you'd like. Many families find it helpful to bring their *PKU Pal* to clinic and to other medical appointments. That way, all necessary information is in one place.

Each section begins with a short introduction that describes its purpose and suggests information you could add. For example, the "Contact Information" section can be used to organize information about medical insurance. You can add information about contacting your insurance company—telephone number, who to call, etc. Information to help you and your family and friends learn more about PKU management is also included. Let us know if you would like more copies of any of the material.

If you have any suggestions regarding your *PKU Pal* please feel free to contact us at (206) 598-1800. We hope you will find this notebook helpful and once again would like to welcome you to our clinic.

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