

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 keep papers, appointments, and other information organized. Although the notebook has been organized in this manner, 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 could add information about contacting your insurance company—telephone number, who to call, etc. We have added information to each section to help you and your family and friends learn more about PKU management. 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) 685-3015. We hope you will find this notebook helpful and once again would like to welcome you to our clinic.

C. Ronald Scott, MD-Clinic Director
Cristine M. Trahms, MS, RD-Program Director
Jan Garretson, MSW-Social Worker
Janie Heffernan, MS, RD-Nutritionist
Vicki Frasher-Program Coordinator
Beth Ogata, MS, RD-Nutritionist
Steven Sulzbacher, PhD-Psychologist
Lisa Sniderman King, MSC, CGC-Genetic Counselor

The PKU Clinic
CHDD, Box 357920
Seattle, WA 98195

Phone (206) 685-3015
Toll free in Washington:
1-(877) 685-3015



University of Washington PKU Clinic
CHDD - Box 357920, Seattle, WA 98195

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