# PHENYLKETONURIA

## (PKU)

## INFORMATION FOR EMPLOYERS

From time to time applicants for jobs may inform employers on their health records that they have a condition called phenylketonuria (PKU). We hope the following information will help you to understand PKU.

PKU is an inherited condition. One person in 10,000 is born with PKU. Those with PKU have an inability to cope with phenylalanine which is a normal component of the protein in the diet. Since the 1960's all babies have been screened soon after birth and if PKU is confirmed they are placed on a diet low in protein.

Since screening, individuals with PKU who are correctly treated by diet during infancy and childhood grow up normally. The person with PKU, if on diet, will take a protein substitute either as a drink or tablets with meals. They will be able to select suitable items from a staff canteen or bring a packed meal. The only treatment is diet which the person with PKU will manage for himself or herself. Their life expectancy is normal.

If the applicant had not disclosed the information it would have been impossible to detect that he/she has PKU. People with PKU are capable of occupying the full range of occupations.

The health of individuals with PKU is excellent. They will not be absent from work for health reasons any more than average. They make no special demands on health services in the work place, but they will attend a PKU clinic every 6 months to 12 months. Women who become pregnant require regular outpatient clinic visits.

Produced by the National Society for Phenylketonuria
and its Medical Advisory Panel.

✚ N S P K U ✚

The National Society for Phenylketonuria (United Kingdom) Ltd.

The Society is a registered charity.
It offers support to PKUs and their families by producing various publications including a quarterly newsletter, organising formal and informal meetings and conferences.

Further information and details can be obtained by contacting:-
The NSPKU Helpline on: 0845-603-9136
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