

PKU Georgia News

Issue 2
December 2008

Mark Your Calendar!

February 7, 2009

FREE Taste
Connections
Cooking
Workshop (see
below for more
information)

Stay Tuned:

Spring/ Fall 2009
PKU Fundraisers-
Ultimate Frisbee
Tournament
and "Food For
Thought" Dinner
Event



Emory's Fall Cooking Class

Kudos to Kristen Narlow, Nyssa Davis, Rosalyn Borlaza, and the wonderful team of dieticians at Emory! The October cooking class was great! We had fun making delicious PKU friendly recipes such as veggie nuggets, pizza, butternut squash, bread, and pumpkin bars. Yum!!!

Membership News

We are now 35 members strong and still growing! This is an exciting time for us as we all work together to raise awareness, support research, and improve the quality of life for those with PKU and other metabolic disorders.

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Taste Connections Workshop

We will participate in learning low protein cooking skills & dealing with the low protein diet in various situations. Malathy Ramanujam will lead us in hands-on demos of a variety of low protein recipes. Lunch & supplies will be provided by VitaFlo, USA with additional donations from Taste Connections.

Details

Check in: 8:30 – 8:45 am

Program: 9:00 am – 4 pm

Location: Holy Cross Catholic Church
3175 Hathaway Court NE, Atlanta, GA 30341

Advance registration is required. Space is limited so register early! Children 6 & older may attend & participate. Visit our GA PKU Website: <http://health.groups.yahoo.com/group/PKU-Georgia> to view the full event flyer.

You may complete the event form located on the flyer or email julia.cheek@comcast.net to register.

Don't miss this great (FREE) event!!!

<http://health.groups.yahoo.com/group/PKU-Georgia/>

Making connections with other Metabolic Disorders

What is MSUD?

Maple Syrup Urine Disease is a metabolic disorder in which the body can not break down the amino acids leucine, isoleucine, and valine. This leads to a build-up of these chemicals in the blood.

Newborn screening is vital in ensuring a child with MSUD is diagnosed & begins treatment immediately. Without diagnosis and treatment, symptoms progress rapidly to seizures, coma, and death. In some variant types of MSUD, failure to thrive may be the first sign.

Maple-Roasted Squash Recipe

A recent favorite in our house, thanks to the awesome team at Emory Genetics!

Ingredients

2 lbs. Butternut squash, peeled & cubed
1 Tbsp. olive oil
¼ tsp salt
1/3 cup maple syrup
½ tsp pumpkin pie spice
1/8 tsp cayenne pepper

Yield: 4 ½ cups

Serving size: ½ cup

Phe: 60 mg (4 exchanges) per ½ cup serving

The earlier children are diagnosed and treated, the less risk of permanent damage. Like PKU, treatment of MSUD involves consuming a medical food, or formula, to provide the components of protein necessary for normal growth and development. Blood amino acid levels must be closely monitored. Illness, stress, and consumption of protein can raise the levels of toxic amino acids, which can often lead to hospitalization.

With early diagnosis and treatment, children with MSUD can live relatively normal lives. Unfortunately, not all states test for MSUD as part of newborn screening. As a result, many children are not diagnosed until they begin to show symptoms.



Georgia PKU Connect, Inc.

Georgia PKU Connect, Inc. is a 501(c)(3) nonprofit dedicated to improving the lives of Georgia's Phenylketonuria (PKU) community. Our mission is to support individuals and families through camaraderie, education, advocacy and research. Stay tuned for more information on Georgia PKU Connect, Inc.!



Directions

1. Heat oven to 425 degrees.
2. Line a sheet pan with aluminum foil.
3. Place the cubed squash in the pan.
4. Drizzle with olive oil, sprinkle with salt, and toss to combine. Roast squash for 15 minutes.
5. Meanwhile, in a 1 cup liquid measuring cup, stir the maple syrup with pumpkin pie spice and cayenne pepper until combined.
6. Drizzle the maple syrup mixture over the squash; toss to coat. Roast the squash for another 15-20 minutes or until fork-tender. Spoon the squash, along with the pan juices, into a serving dish.