

Galactosemia Ages >18 Years

Clinic Visits:

- Every year

Galactose-1-Phosphate levels

- Every year

Other Evaluations:

- DEXA scan every 5 years
- Females: Continued follow-up with Endocrinology/Gynecology
- Ophthalmology evaluation only if diet has not been followed or if levels have been repeatedly high

Topics:

- Review of galactosemia, biochemistry, genetics
- Diet/management
 - Lactose/Galactose restricted diet as per nutritionist
 - Calcium/Vitamin D supplementation

Please make sure your clinic visits and levels are done on time. Call the metabolic clinic at _____ to make an appointment, schedule a blood draw, or with any other questions. If you urgently need to reach a Metabolic physician, call _____ and ask to page the Metabolic physician on call.

Thank You,
Your Metabolic Team

