

Galactosemia Ages 6-18 years - Girls

Clinic Visits:

- At least yearly

Galactose-1-Phosphate levels:

- At least yearly

Other Labs:

- Possible urinary galactitol
- Gynecologic Labs: Follicle stimulating hormone, luteinizing hormone, and estradiol: Yearly starting at 9 years old
- Possible progesterone levels: Yearly starting at 9 years old
- Possible nutrition labs: calcium, phosphate, vitamin D, and 25-hydroxy vitamin D

Other Evaluations:

- Developmental evaluation at 6 years old
- Speech evaluation at 9 years old
- Neuropsychological evaluation at 9 and 18 years old
- DEXA scan at 9 and 18 years old
- Endocrinology or Pediatric Gynecology evaluation if labs are abnormal or at time of puberty
- Ophthalmology evaluation only if diet has not been followed or if levels have been repeatedly high

Topics:

- Review of galactosemia, biochemistry, and genetics
- Diet/management
 - Lactose/Galactose restricted diet as per metabolic dietitian
 - Calcium/Vitamin D supplementation
- Review of ovarian failure

Please make sure your child has clinic visits and levels 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

