

# Galactosemia Ages 6-18 years – Boys

## Clinic Visits:

- At least yearly

## Galactose-1-Phosphate levels:

- At least yearly

## Other Labs:

- Possible urinary galactitol
- 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
- 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 metabolic dietitian
  - Calcium/Vitamin D supplementation

*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

