

TEMPLE



Tools **E**nabling **M**etabolic **P**arents **L**earning

ADAPTED BY THE DIETITIANS GROUP

BIMDG

British Inherited Metabolic Diseases Group



BASED ON THE ORIGINAL TEMPLE WRITTEN BY
BURGARD AND WENDEL
VERSION 4, MARCH 2025

GAI

Supported by **NUTRICIA**
as a service to metabolic medicine

TEMPLE foreword

TEMPLE (Tools Enabling Metabolic Parents LEarning) are a set of teaching slides and booklets that provide essential information about different inherited metabolic disorders that require special diets as part of their management. These teaching tools are aimed at parents who may have an infant or child that has been recently diagnosed with a disorder. They are also useful when teaching children, extended family members, child minders, nursery workers and a school team.

They have been developed by a team of experienced clinical and research metabolic dietitians from the UK who are members of the British Inherited Metabolic Disease Group (BIMDG).

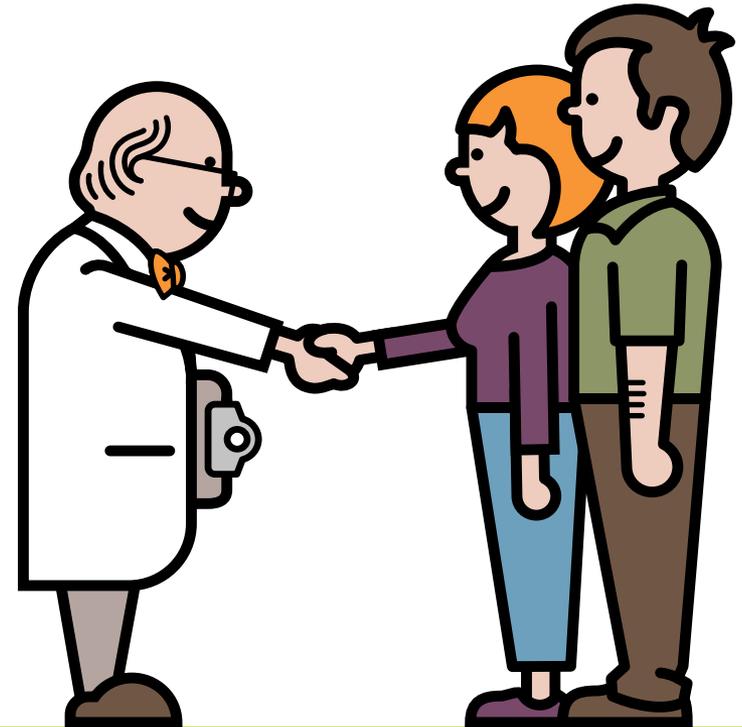
The team are Rachel Skeath, Karen van Wyk, Pat Portnoi and Anita MacDonald. The group is facilitated by Heidi Chan from Nutricia.

Each module produced is reviewed by a consultant clinician who is a member of the BIMDG.

This teaching tool is not designed to replace dietary information that may be given by a dietitian in clinic.

GAI

Information for families following
a positive newborn screening



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Tools Enabling Metabolic Parents LEarning

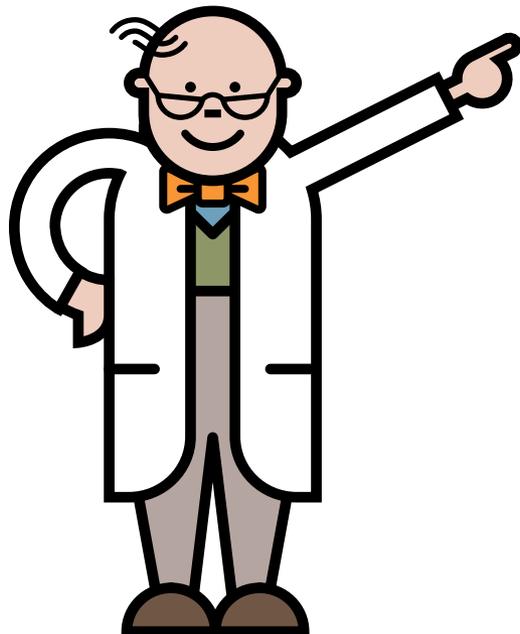
Supported by **NUTRICIA**
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What is GAI?

GA I stands for Glutaric Aciduria Type 1

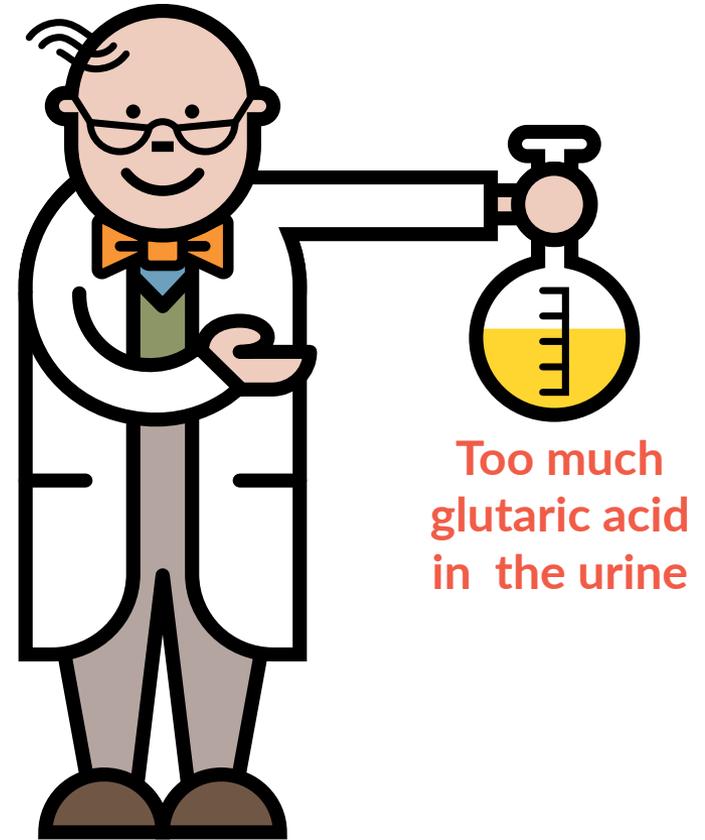
It is an inherited metabolic condition

Glutaric Aciduria Type 1



GAI

What is GA I?

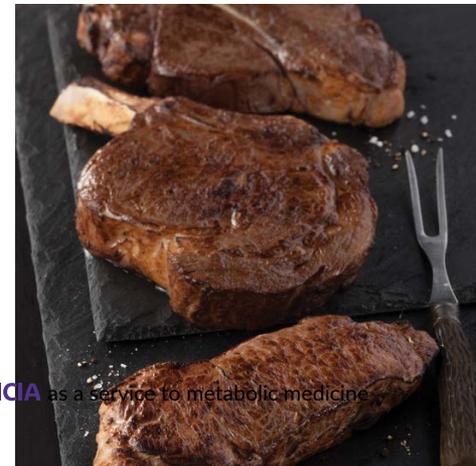


GA I and protein

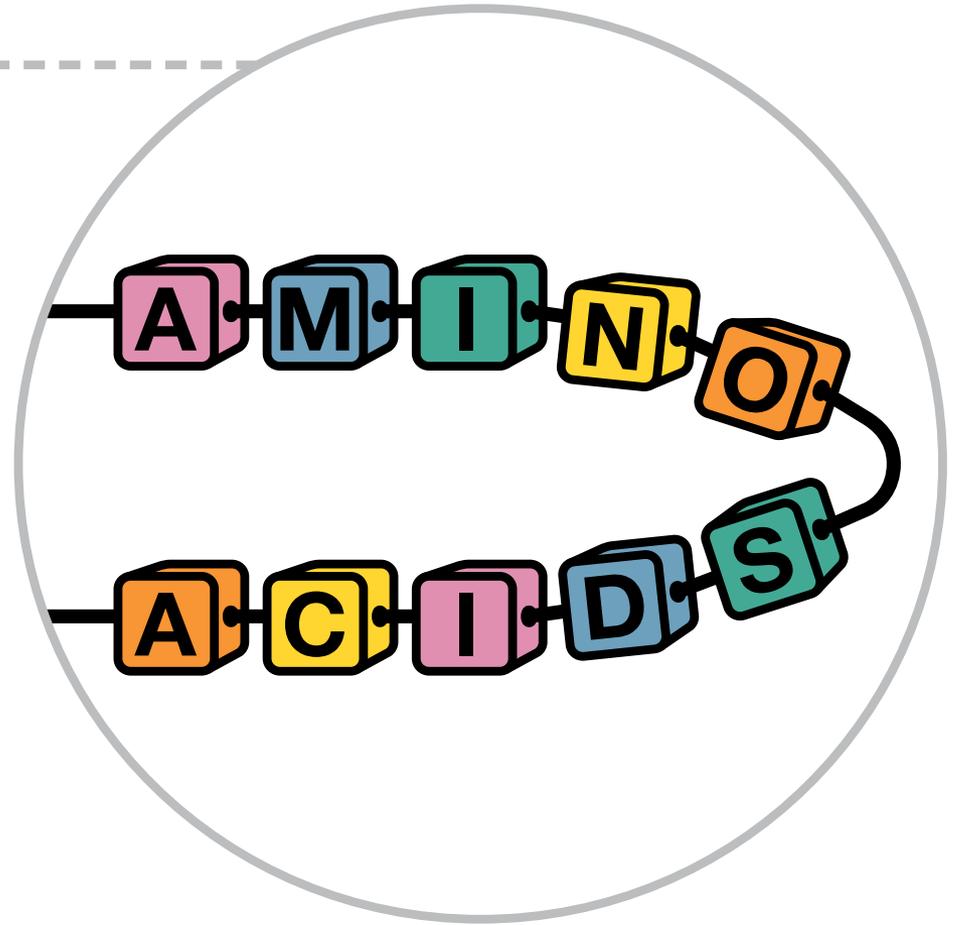
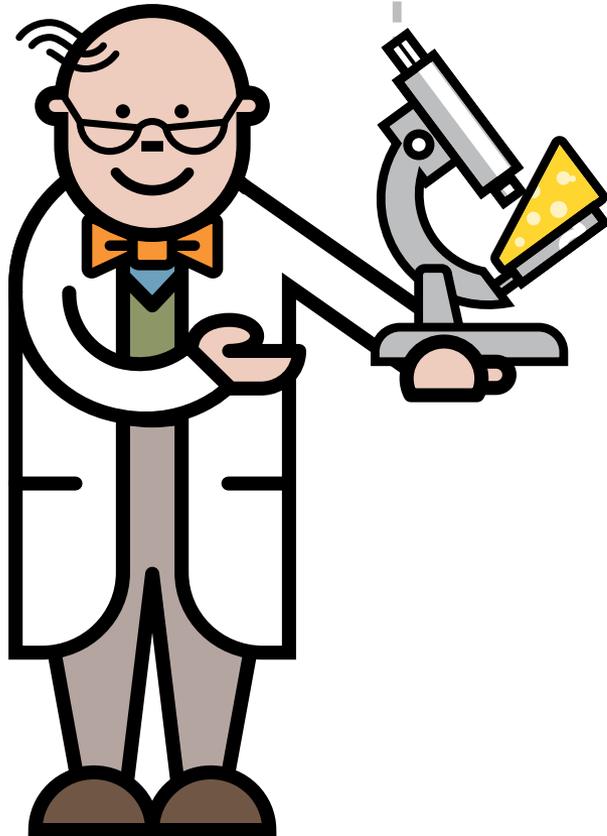
GA I affects the way your baby breaks down protein

Many foods contain protein

The body needs protein for growth and repair



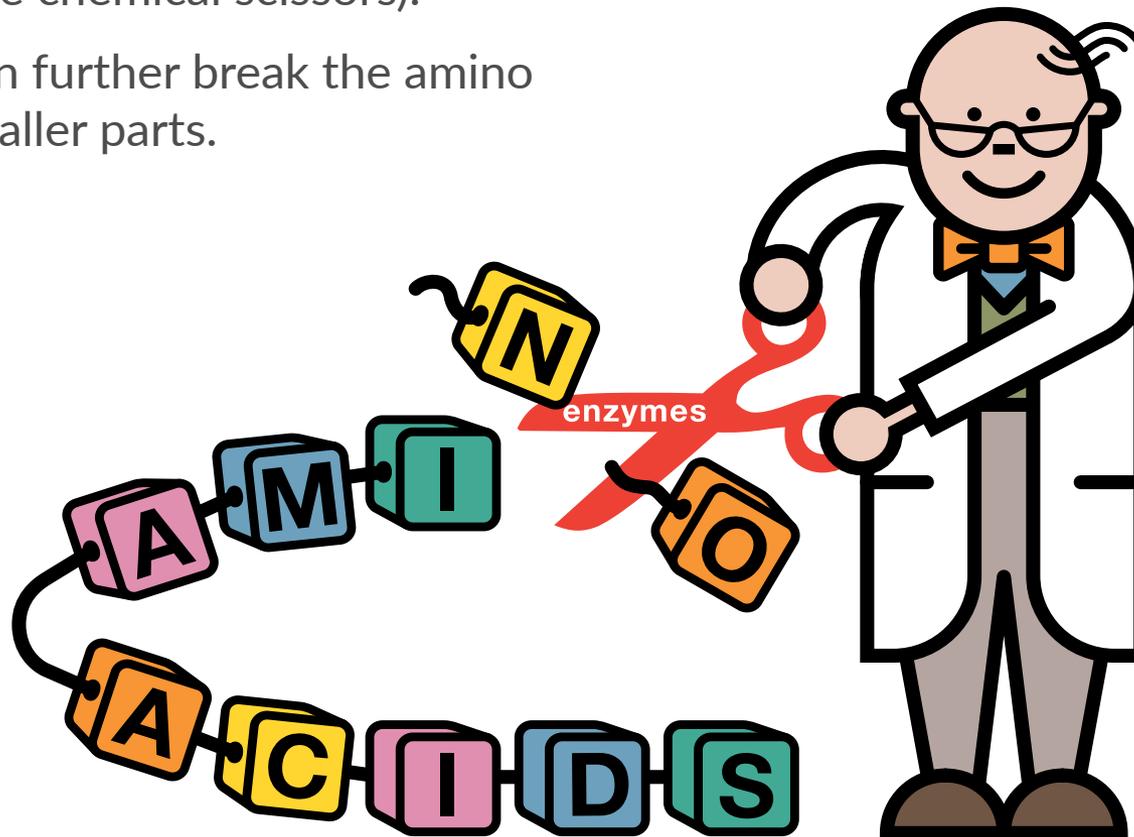
What is protein?



Protein and enzymes

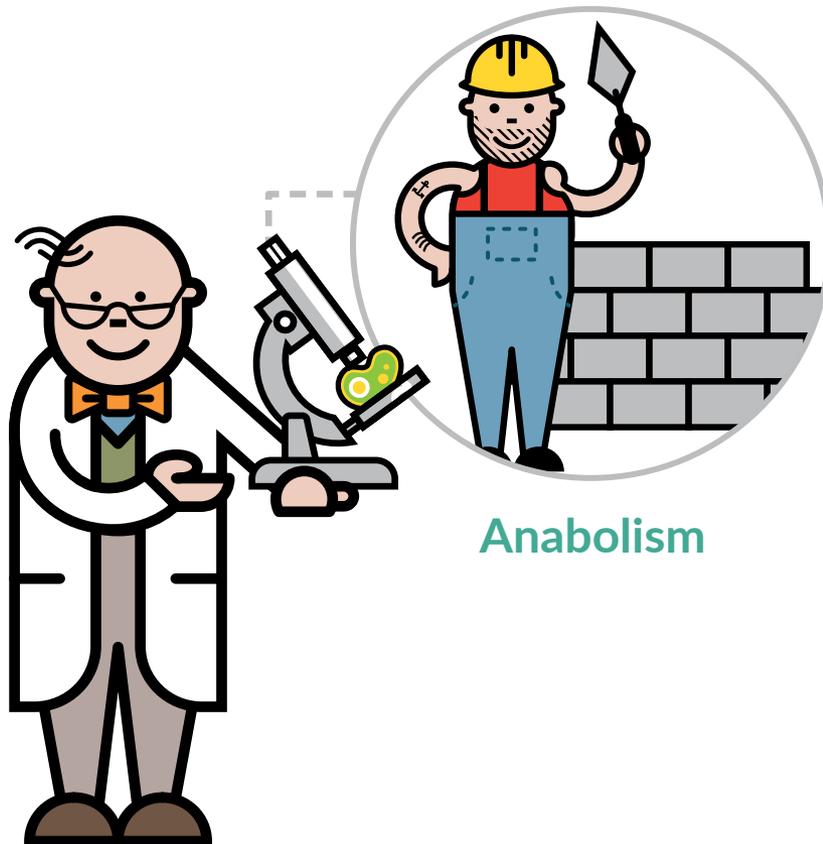
Protein is broken down into amino acids (building blocks of protein) by enzymes (which are like chemical scissors).

Enzymes then further break the amino acids into smaller parts.

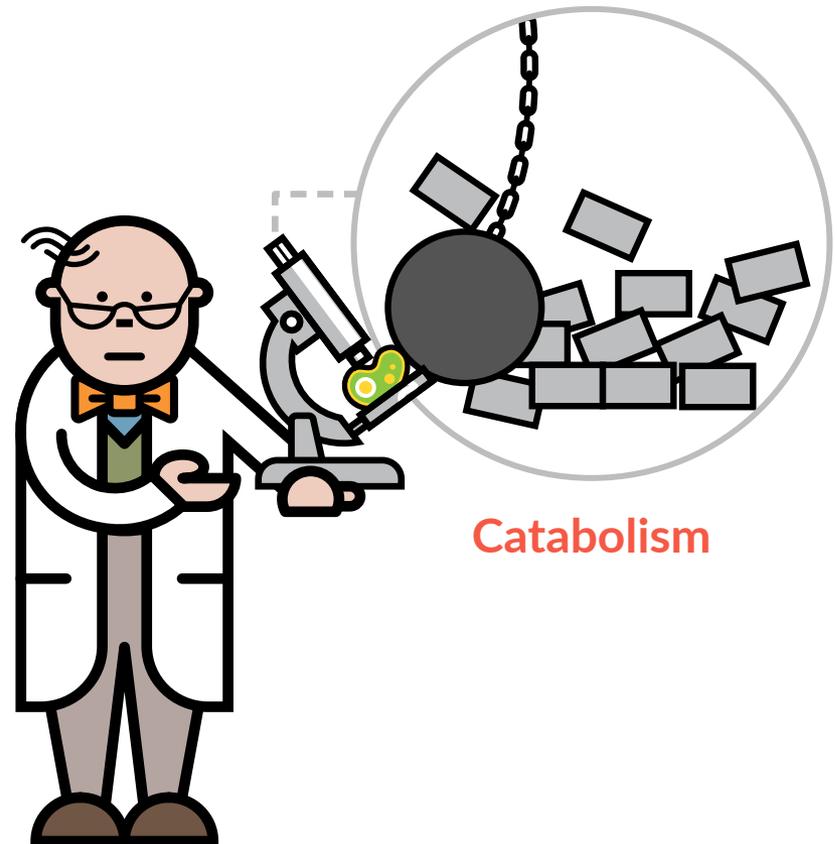


Protein metabolism

Metabolism refers to the chemical processes that occur inside the cells of the body.



Anabolism

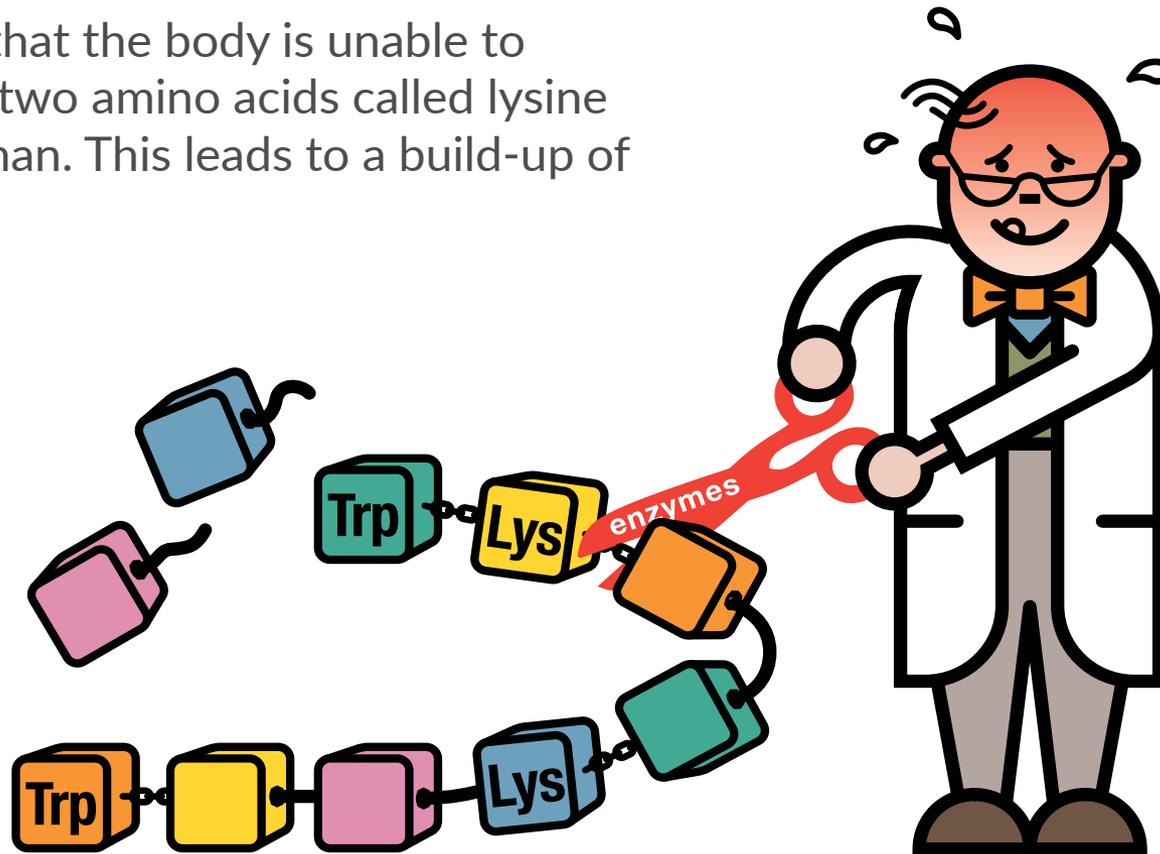


Catabolism

What happens in GA I?

In GA I, the body lacks an enzyme called glutaryl-CoA dehydrogenase.

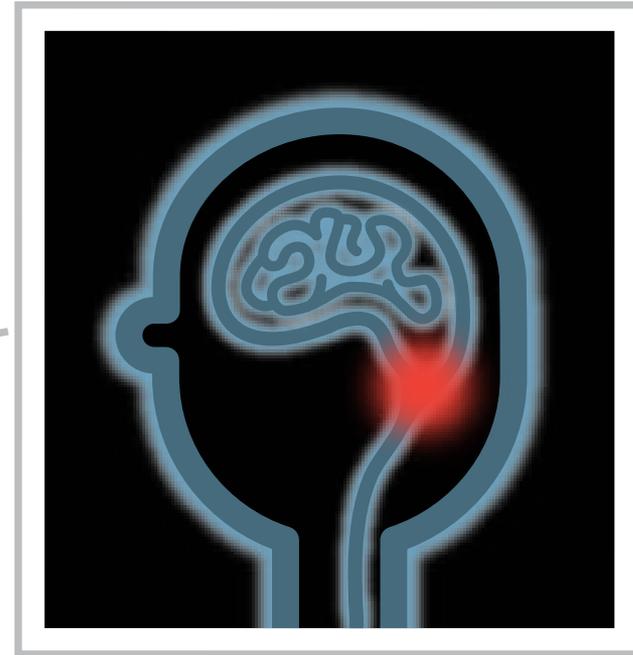
This means that the body is unable to break down two amino acids called lysine and tryptophan. This leads to a build-up of glutaric acid.



What can go wrong in GA I?

The basal ganglia in the brain controls movement.

The build up of glutaric acid damages the basal ganglia and causes movement problems.



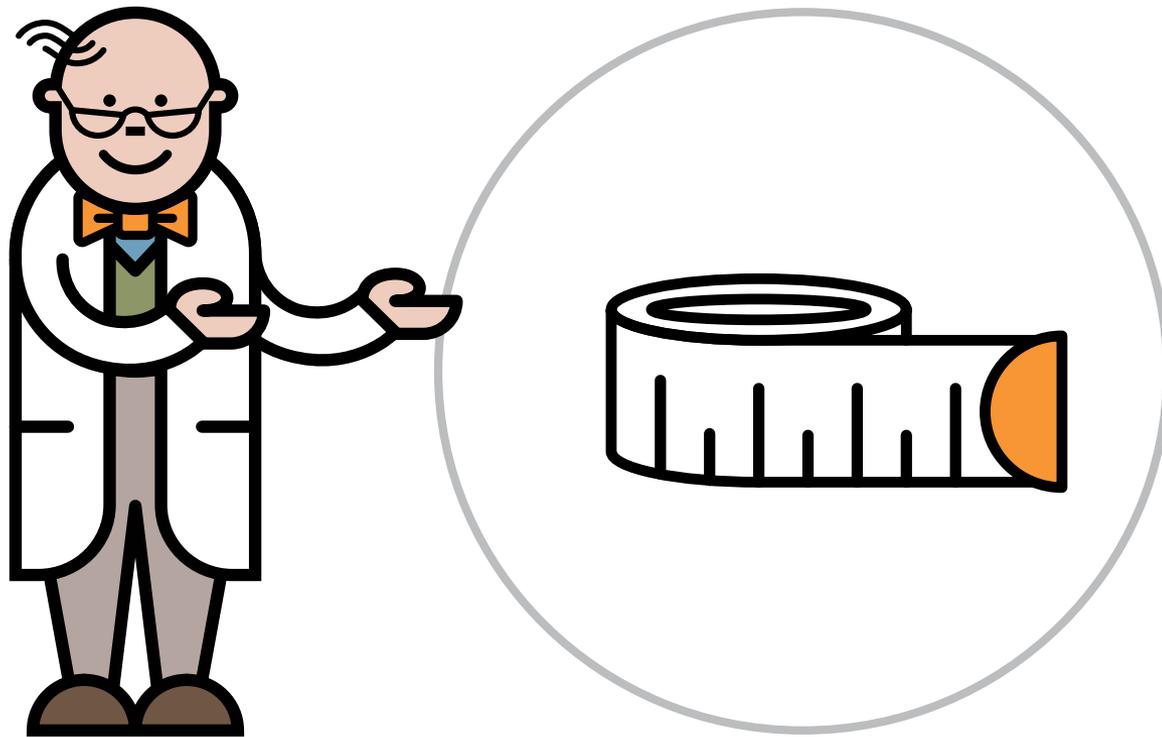
Metabolic crisis

- A metabolic crisis can trigger the movement problems. This is because there is a build-up of glutaric acid and other toxic chemicals
- It is usually caused by childhood infections or viruses causing high temperatures, vomiting and diarrhoea
- Avoidance of a metabolic crisis is essential



What about other symptoms in GA I?

Babies with GA I are usually healthy at birth although many are born with a larger than average head size.



How is GA I diagnosed?

GA I is diagnosed by newborn screening.
High levels of glutaric acid are found in the blood.



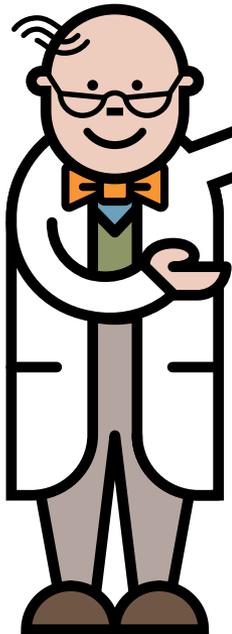
How is GA I managed day to day?

GA I is managed with the following special diet:

A protein restricted diet

A protein substitute

Carnitine medication



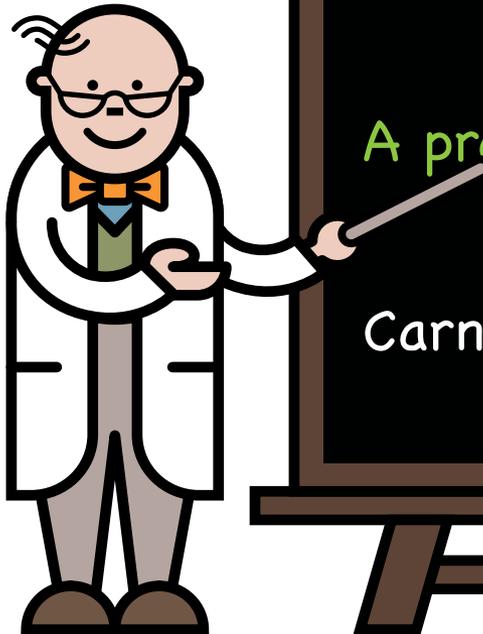
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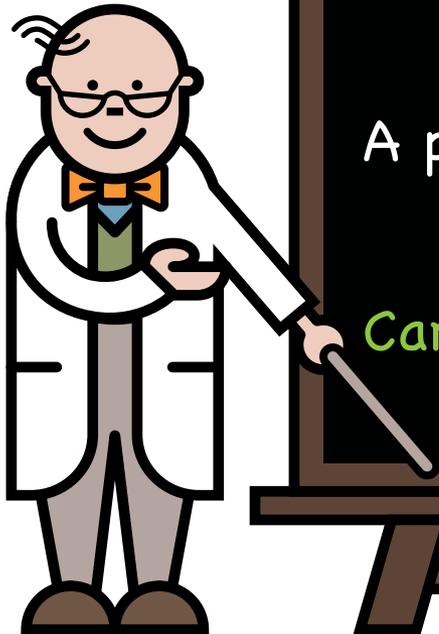
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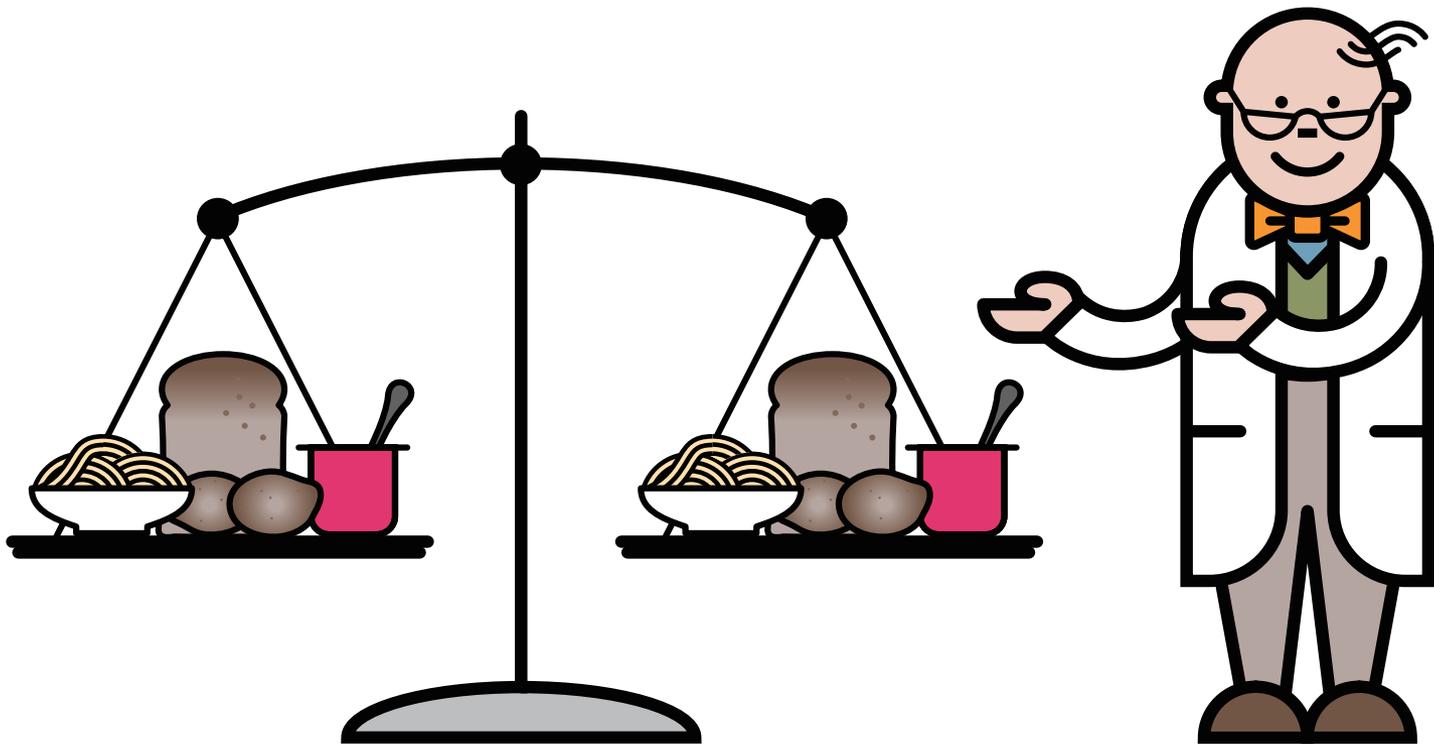
A protein substitute

Carnitine medication



Protein balance is needed in GA I

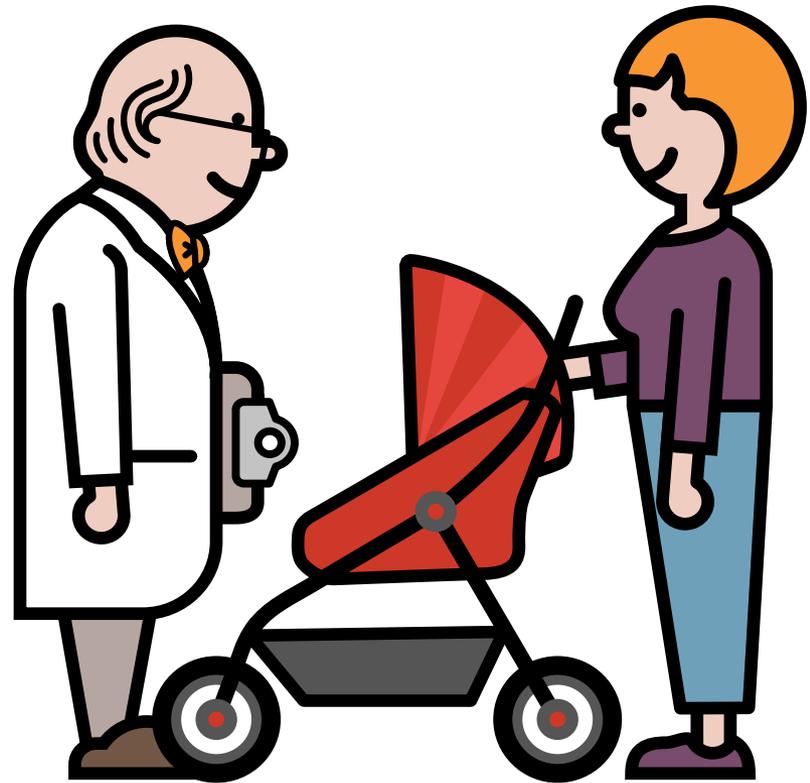
In GA I, it is important that enough protein is given for growth ... but not too much as toxic chemicals will be made.



Measured protein intake

In babies, a restricted amount of protein is given from breast milk or measured amounts of infant feed.

The amount given will be monitored regularly by your specialist metabolic dietitian.

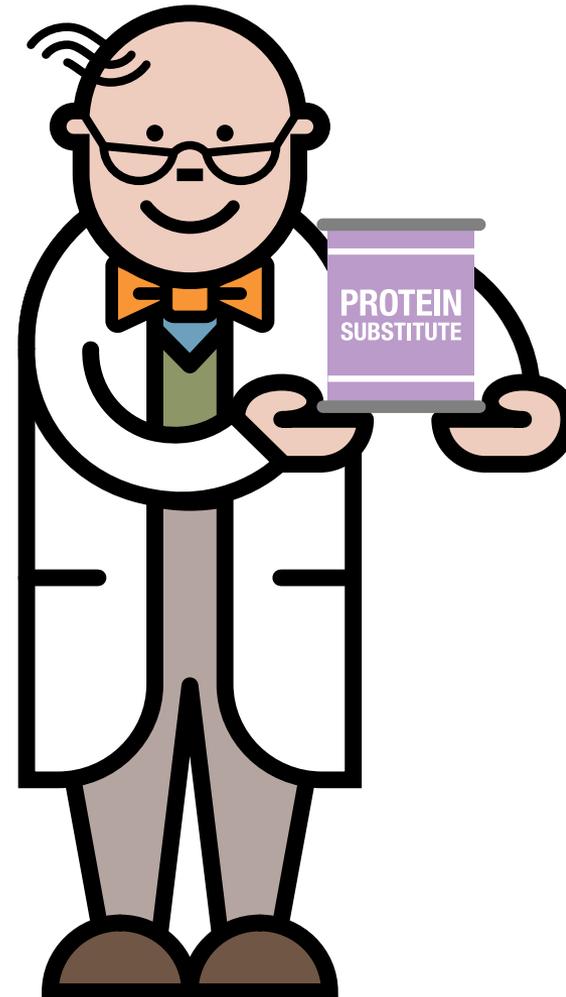


Protein substitute

Protein substitute is essential for metabolic control.

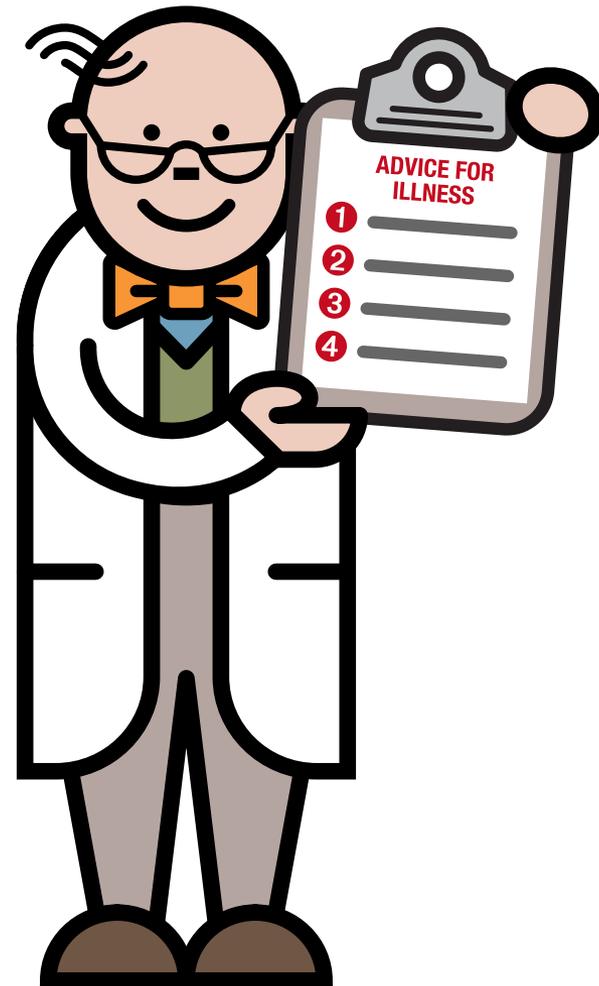
It will help to meet your baby's protein, energy, vitamin and mineral requirements.

It is available on prescription.

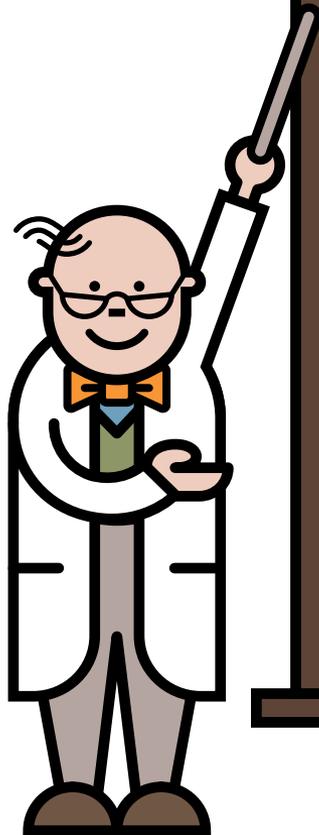


How is GA I managed during illness?

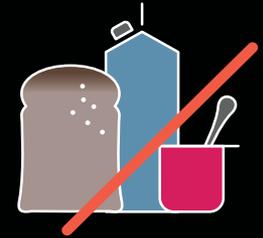
- During any childhood illness, an emergency regimen is given
- Illnesses can cause catabolism or protein breakdown
- This will lead to a build up of glutaric acid and cause a metabolic crisis



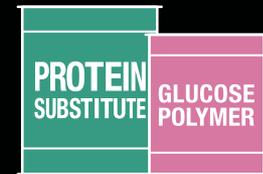
How is GA I managed during illness?



Stop all protein in food & drink



Start the emergency regimen.
This is made up of protein
substitute and glucose polymer



Carnitine medication as prescribed

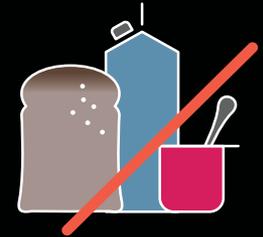


Phone your metabolic team

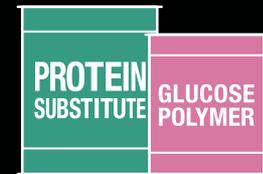


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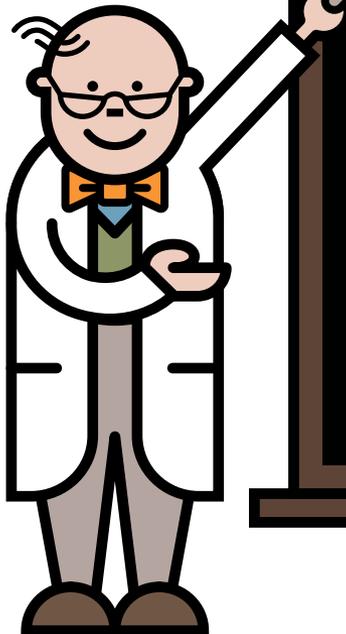
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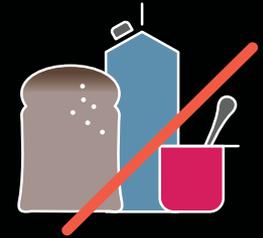


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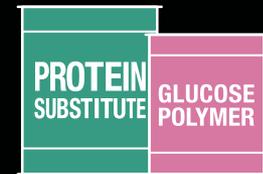


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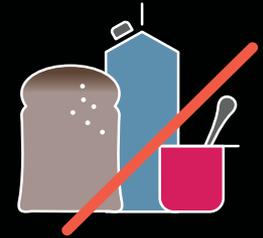


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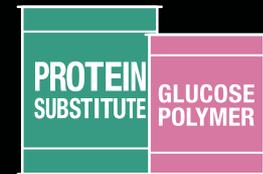


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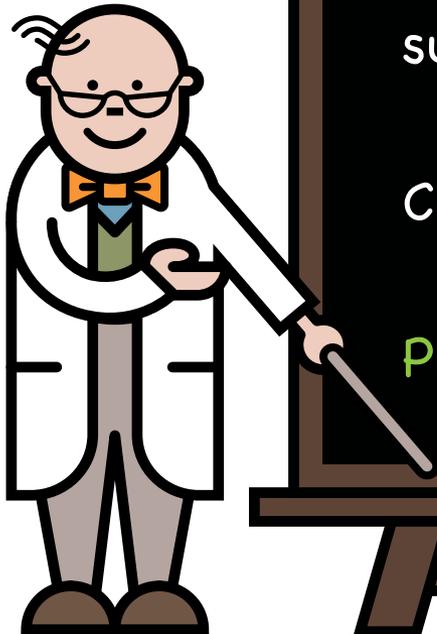
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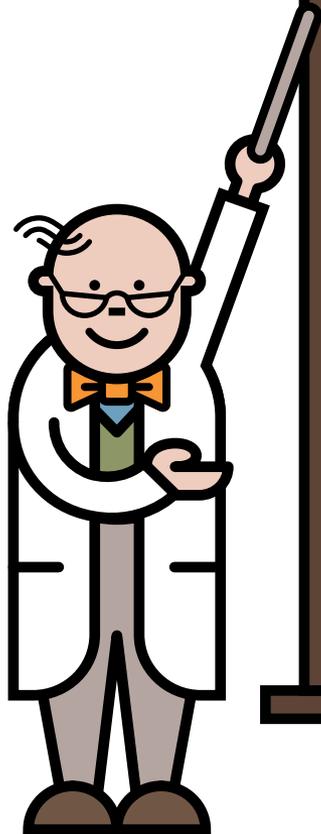
Carnitine medication as prescribed



Phone your metabolic team



Checklist for illness



Always take full amounts
of emergency feeds as
prescribed



If symptoms continue and/or
you are worried, go
immediately to the hospital



Regularly update your
metabolic team



Checklist for illness



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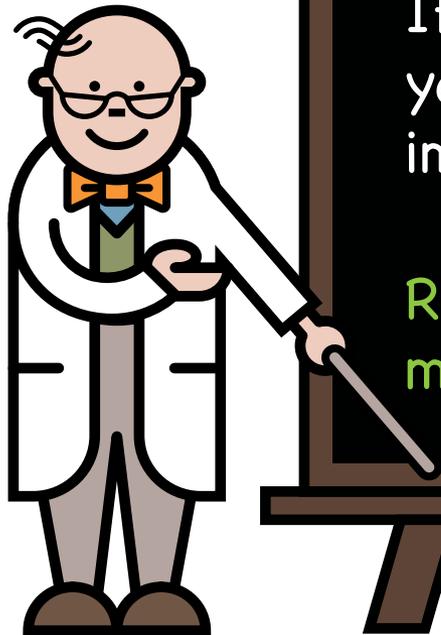
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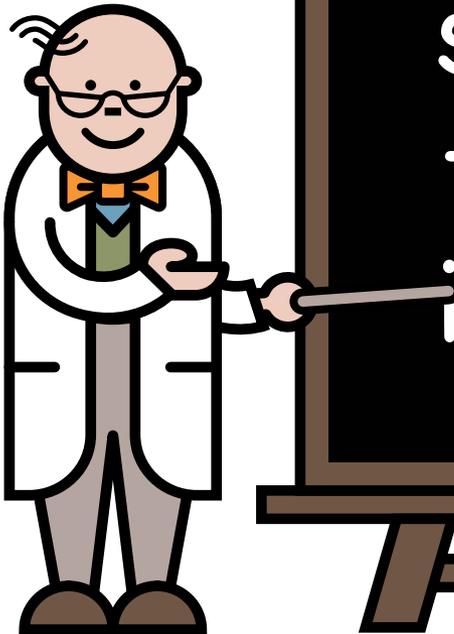


Regularly update your
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Key message

It is imperative that emergency feeds are started **promptly** and there are **no delays** in management.



How is GA I monitored?

Frequent blood tests to check amino acids and nutrient levels



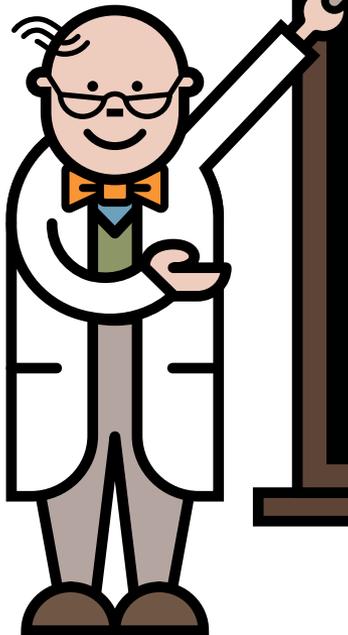
Height and weight



Developmental checks



Diet and medications are adjusted according to age, weight and blood chemical levels



How is GA I monitored?

✓
Frequent blood tests to check amino acids and nutrient levels



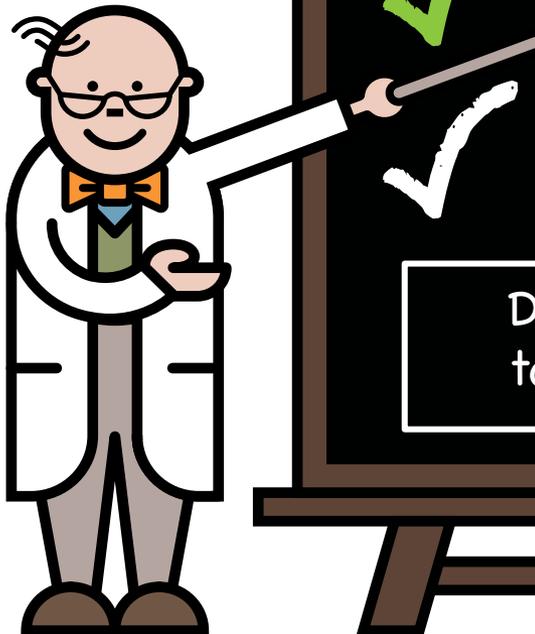
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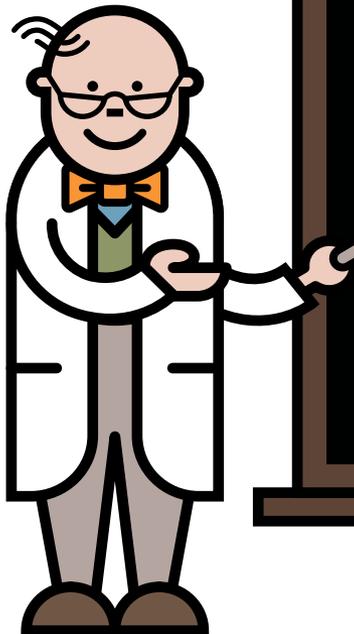
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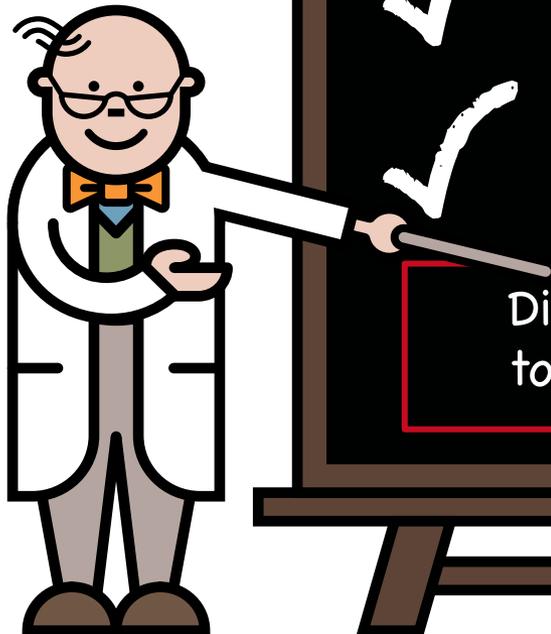
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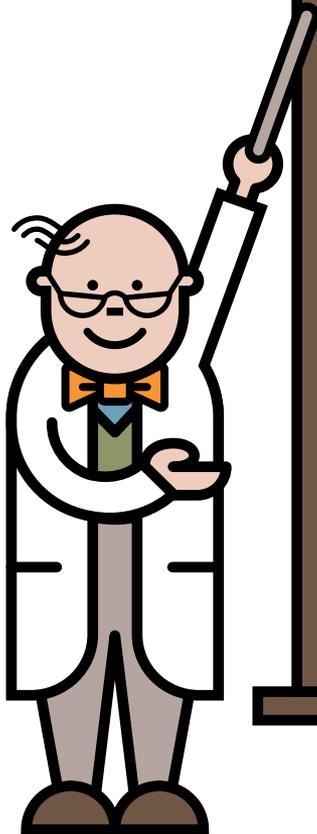
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Chromosomes, genes, mutations



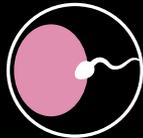
Humans have chromosomes composed of DNA



Genes are pieces of DNA that carry the genetic instruction. Each chromosome may have several thousand genes



The word mutation means a change or error in the genetic instruction

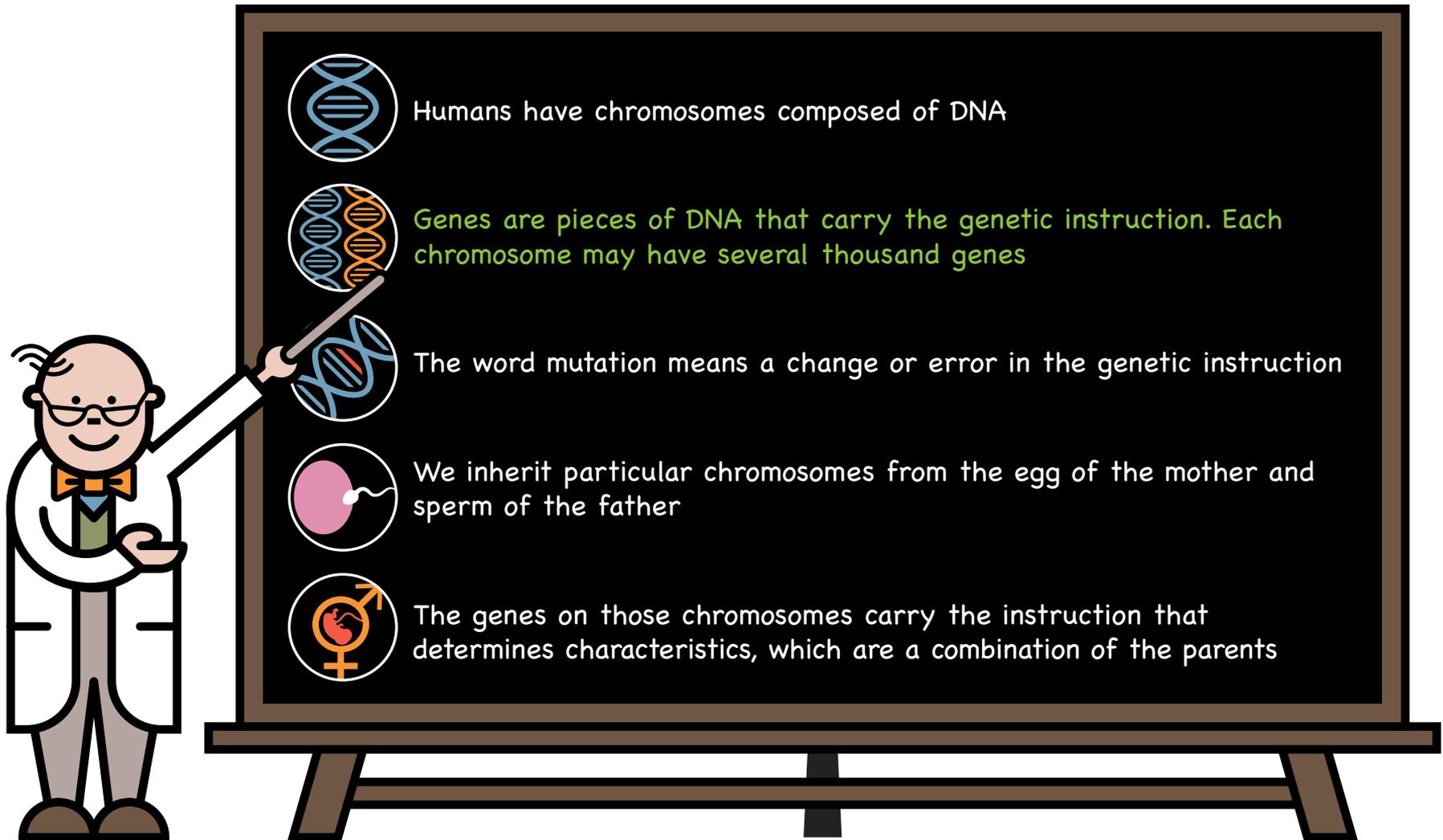


We inherit particular chromosomes from the egg of the mother and sperm of the father



The genes on those chromosomes carry the instruction that determines characteristics, which are a combination of the parents

Chromosomes, genes, mutations



 Humans have chromosomes composed of DNA

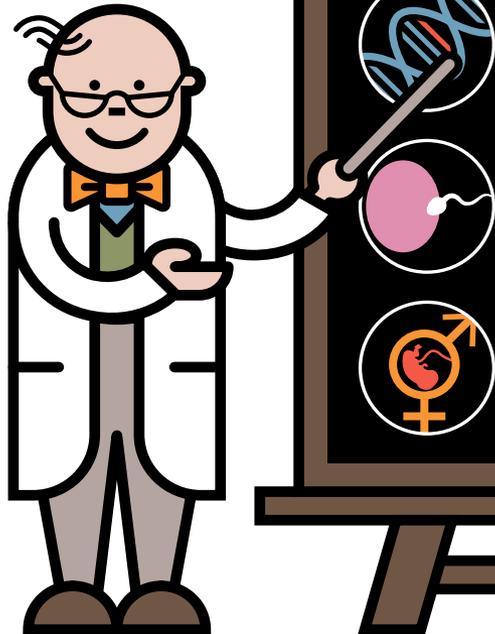
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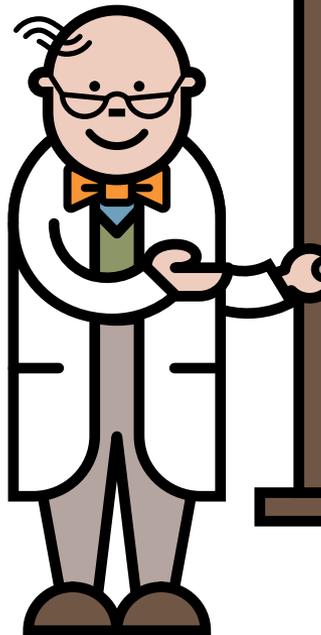


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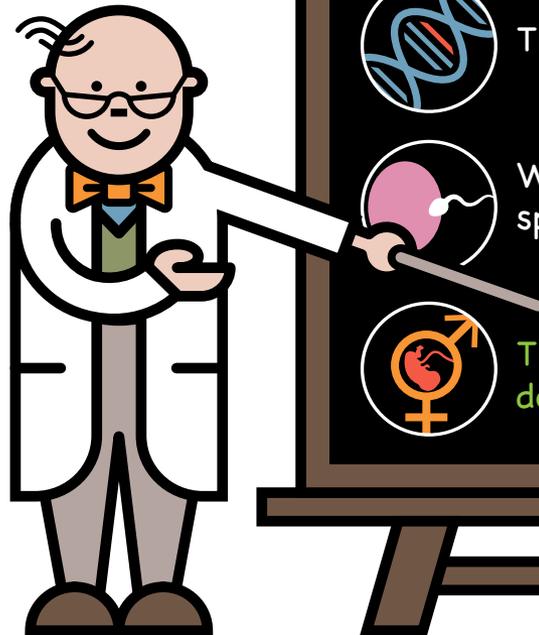


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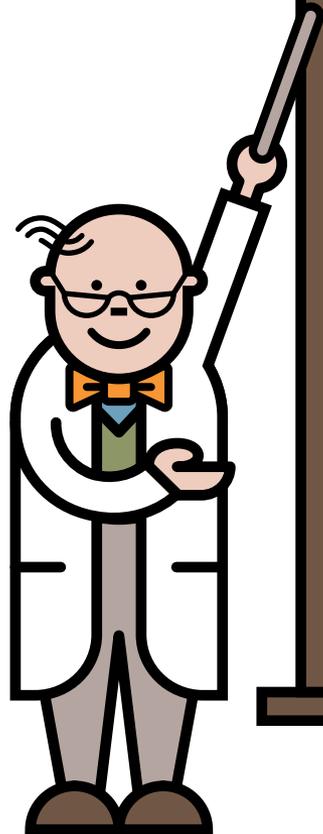


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Inheritance



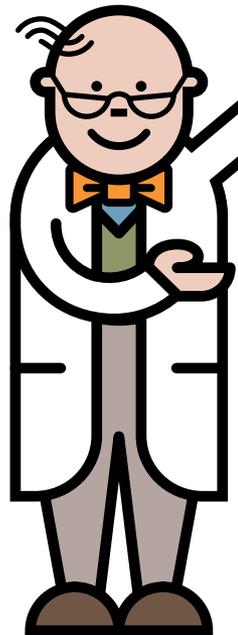
GA I is an inherited condition. There is nothing that could have been done to prevent your baby from having GA I

Everyone has a pair of genes that make the glutaryl-CoA dehydrogenase enzyme. In children with GA I, neither of these genes works correctly. These children inherit one non-working GA I gene from each parent

Parents of children with GA I are carriers of the condition

Carriers do not have GA I because the other gene of this pair is working correctly

Inheritance



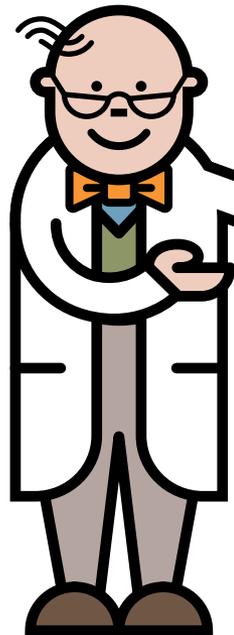
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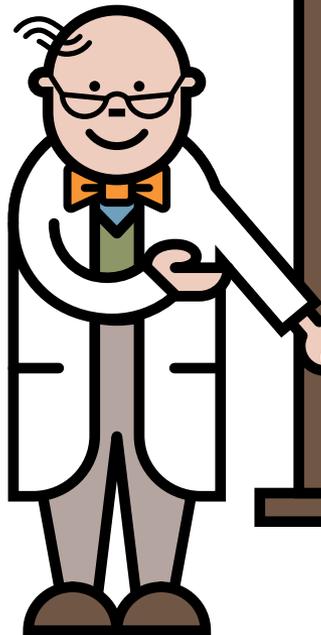
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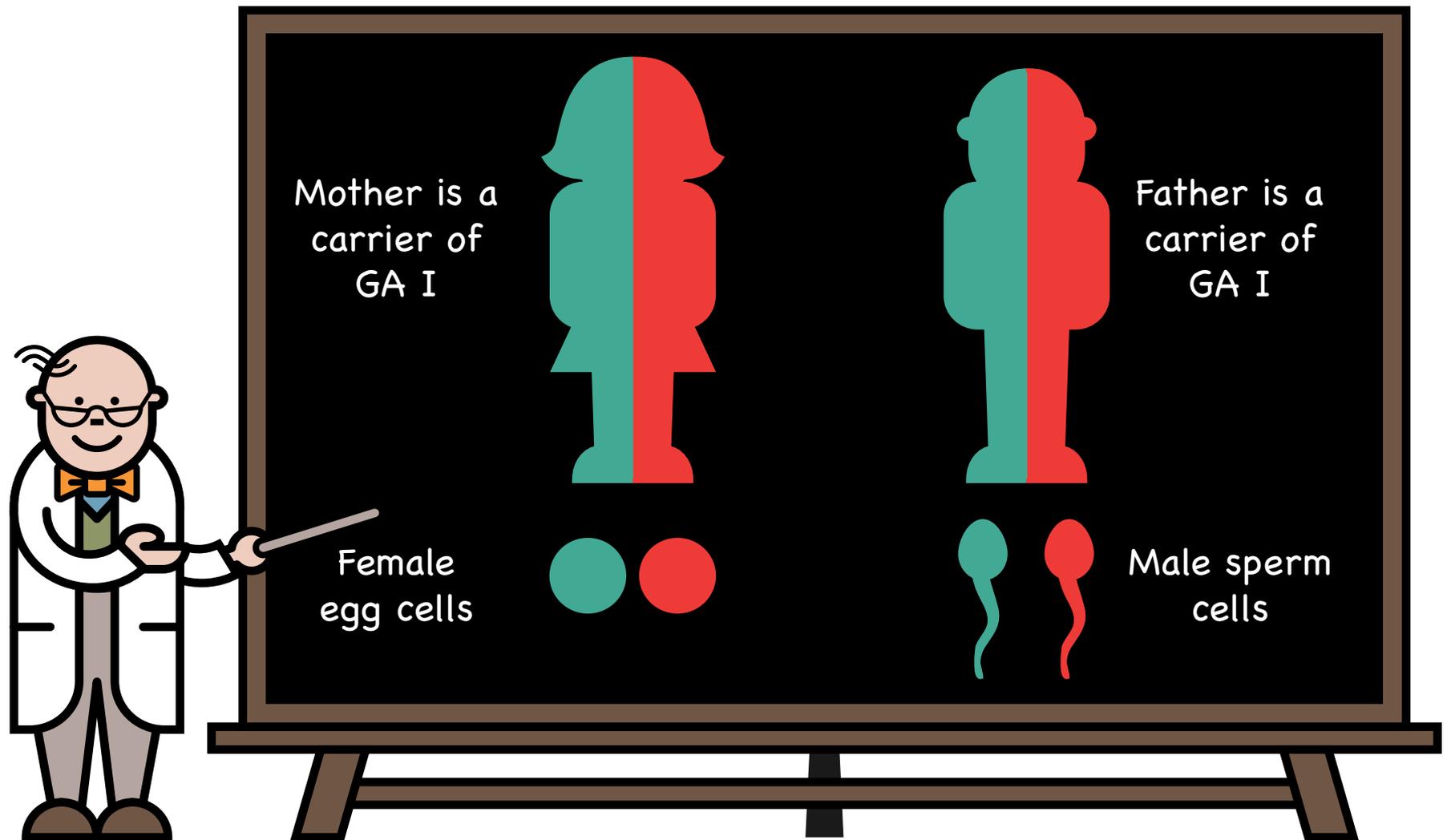
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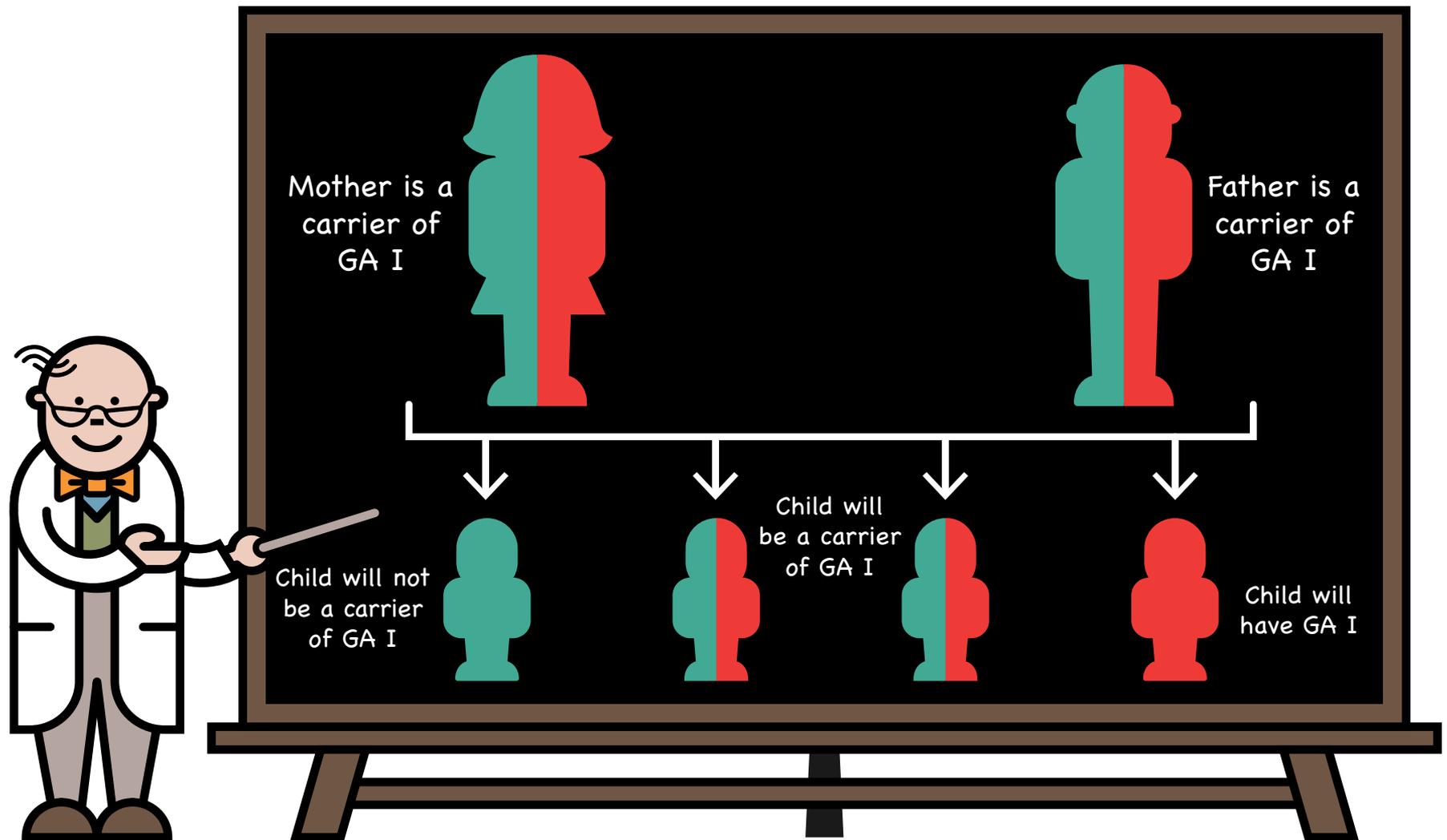
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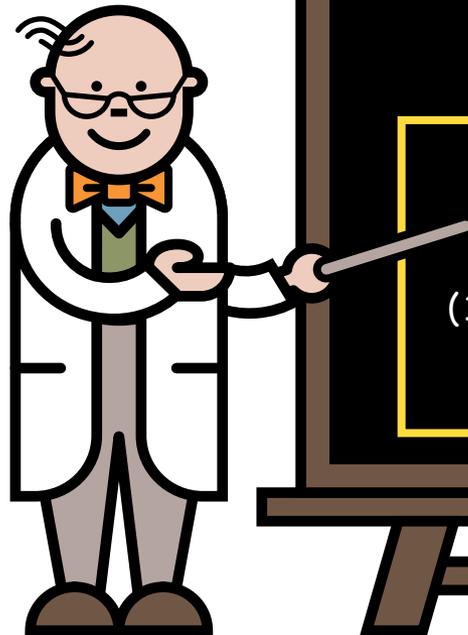
Inheritance – Autosomal recessive (carriers of GA I)



Inheritance – Autosomal recessive – possible combinations



Future pregnancies



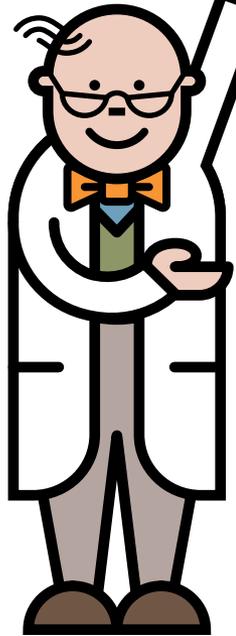
When both parents are carriers, in each pregnancy the risk to the baby is as follows:

25% chance
(1 in 4) of GA I

50% chance
(1 in 2) for the baby to be a carrier of GA I

25% chance (1 in 4) for the baby to have two working genes and neither have GA I or be a carrier

Take home messages



GA I is a serious inherited metabolic disorder that can lead to severe movement problems



Children are very vulnerable in the first 6 years of life



Damage can be prevented with a protein restricted diet, a protein substitute and carnitine

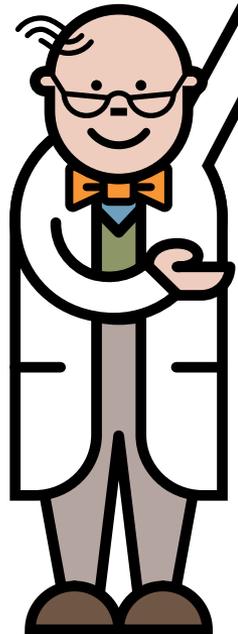


Remember, during illness, it is imperative that emergency feeds are started promptly, followed strictly and there are no delays in management



With good management, severe movement problems can be prevented in the majority of children

Take home messages



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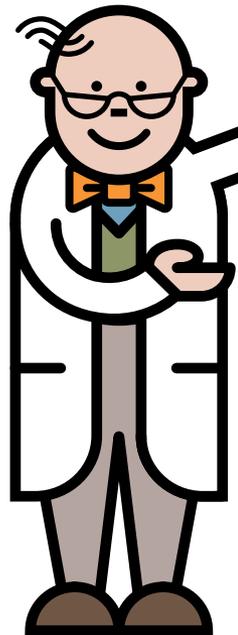
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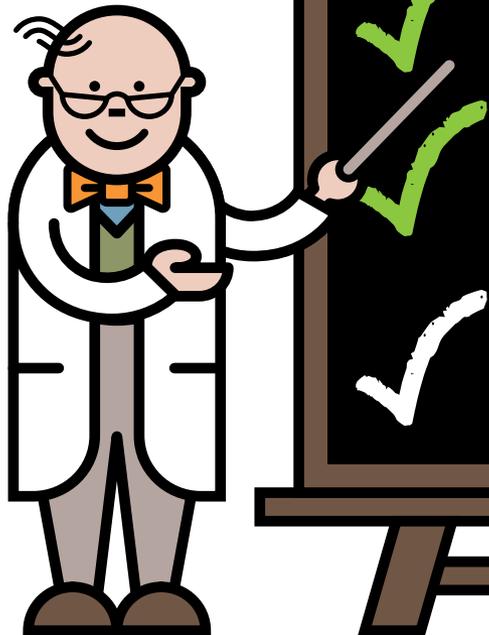
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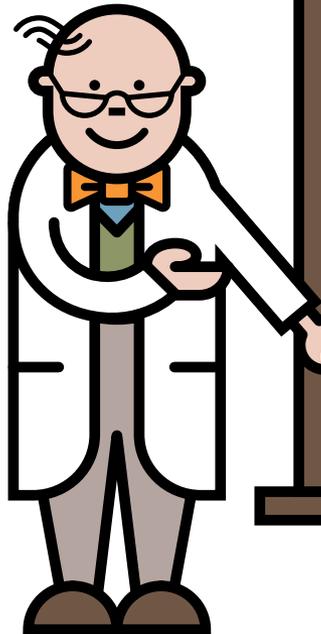
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✓ Remember, during illness, it is imperative that emergency feeds are started promptly, followed strictly and there are no delays in management

✓ With good management, severe movement problems can be prevented in the majority of children

Take home messages



✓ GA I is a serious inherited metabolic disorder that can lead to severe movement problems

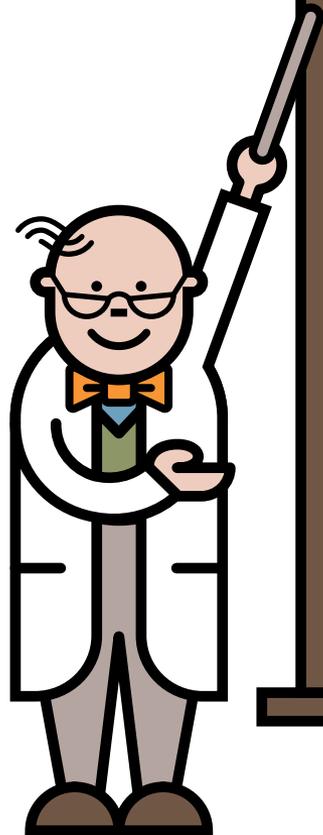
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Helpful hints



Always ensure you have a good supply of your dietary products and medicines and that they are in date

Your dietary products and medications are prescribed by your GP. These are obtained via a pharmacy or home delivery

Always ensure you have your emergency feed products and a written emergency plan

Medications to control fever should be given as normally recommended – always keep supplies available

Helpful hints



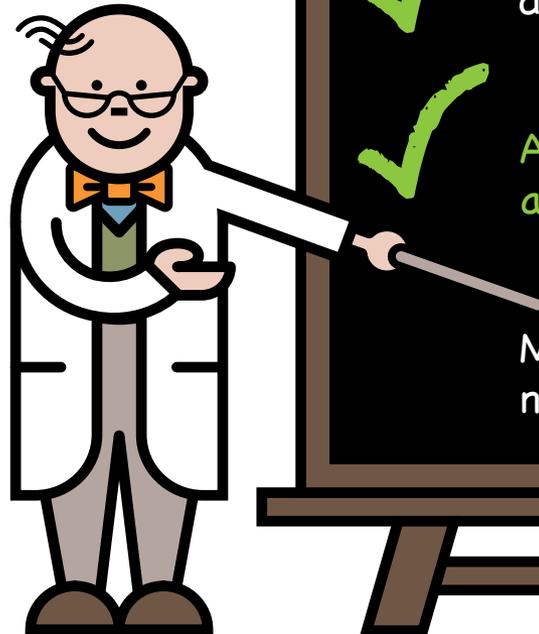
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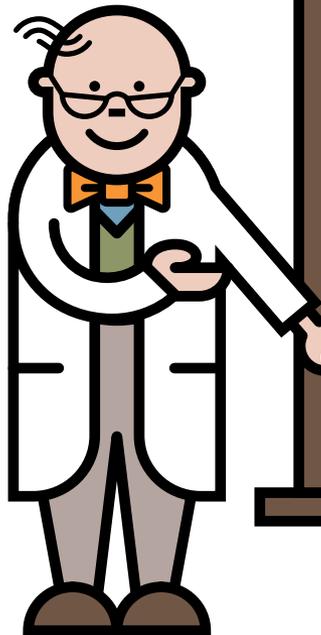
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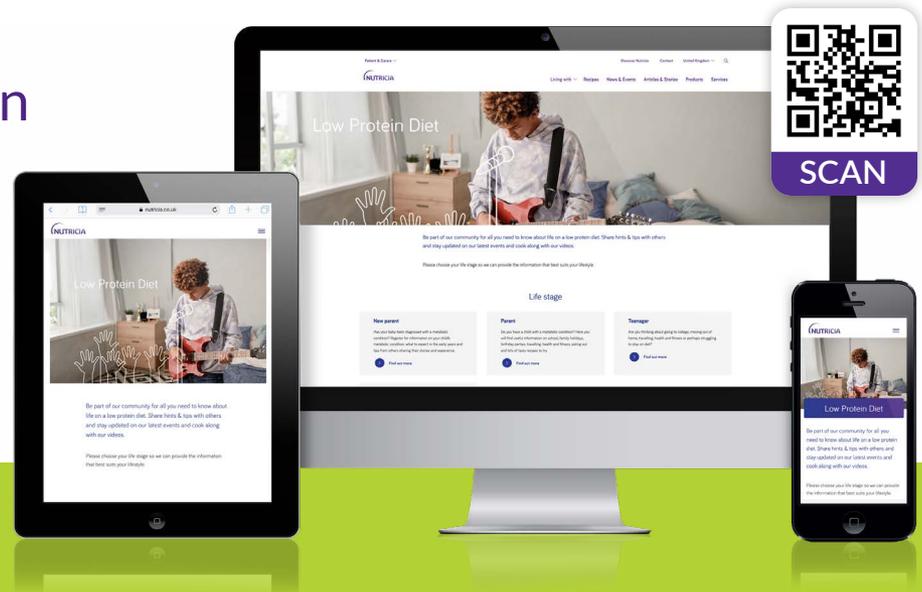
- My dietitians
- My nurses
- My doctors
 - Contact details, address, photos

Visit www.nutricia.co.uk/patients-carers/living-with/low-protein-diet.html and register to get access to support and practical advice for those living on a low protein diet.

The site also provides information on upcoming events and personal stories from others on a low protein diet.



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