

Knowledge of Maternal PKU

Date:

Subject Number:

Circle the best answer.

1. PKU is _____.
 - A. a blood disease
 - B. an enzyme deficiency
 - C. a kidney disorder
 - D. a protein deficiency
 - E. an iron deficiency

2. Mental retardation in babies born to mothers with PKU is likely caused by _____?
 - A. an enzyme deficiency in the baby
 - B. PKU in the baby
 - C. high blood phenylalanine
 - D. the father carrying the gene for PKU
 - E. too little protein in the mother's diet during pregnancy

3. The best known treatment for maternal PKU to prevent damage to the baby is _____?
 - A. following a well-balanced diet
 - B. following a vegetarian diet
 - C. following a high protein diet during pregnancy
 - D. following a low phenylalanine diet after a positive pregnancy test
 - E. following a low phenylalanine diet before conception and throughout pregnancy

4. In addition to mental retardation, other problems that have been seen in babies born to mothers with PKU include _____.
- A. low birth weight
 - B. heart problems
 - C. small head size
 - D. all of the above
 - E. none of the above
5. Twenty mg/dl is considered a high blood phenylalanine level. On a low phenylalanine diet during pregnancy, blood phenylalanine levels should be controlled to what level?
- A. Less than 1 mg/dl
 - B. 2-6 mg/dl
 - C. 6-8 mg/dl
 - D. 10-15 mg/dl
 - E. 16-20 mg/dl
6. Which of the following snacks has the least amount of phenylalanine?
- A. Chocolate chip cookies
 - B. An apple
 - C. A hamburger
 - D. Potato chips
 - E. A bagel with jelly
7. Children born to mothers with PKU _____.
- A. never have PKU
 - B. have a 1 in 1000 chance of having PKU
 - C. have a 1 in 100 chance of having PKU if the father carries the gene for PKU
 - D. have a 50-50 chance of having PKU if the father carries the gene for PKU
 - E. will always have PKU

8. The problems that are seen in babies from untreated pregnancies in mothers with PKU _____.
- A. are entirely reversible
 - B. can be corrected by surgery
 - C. can be corrected by treating the baby with a low phenylalanine diet
 - D. generally result in the child having mental retardation, learning difficulties, birth defects, and the need for special services
 - E. go away as the child grows older
9. After a child is born to a mother with PKU, it is important _____.
- A. to place the child on a high protein diet
 - B. to perform newborn screening for PKU with special care and consideration so that if the child has PKU, he or she can begin dietary treatment
 - C. to hold off on newborn screening for PKU for a month since the baby has had enough stress
 - D. for the mother to be on a high protein diet
 - E. to immediately place the child on a low protein diet.
10. The best advice to give a young woman with PKU who thinks she might be pregnant is to _____.
- A. wait and see if it is true
 - B. wait, but stop eating meat in the meantime
 - C. wait, but start using birth control
 - D. immediately contact the PKU Clinic for guidance
 - E. contact her friends for guidance

Answers: 1b, 2c, 3e, 4d, 5b, 6b, 7d, 8d, 9b, 10d