



**2010 SERIES**

Don't miss your chance to have your questions answered Live.

Be sure to review our previous 12 programs with experts and 6 powerful patient videos. These include topics such as:

**How Can You Be a Powerful PKU Patient & Advocate for Yourself or a Loved One?**

**How Does PKU Affect You and Your Relationships? A Look at Managing PKU from Many Perspectives.**

**What Are the Problems When PKU is Not Treated Effectively?**

All programs can be found at:  
[www.patientpower.info/pku](http://www.patientpower.info/pku)

Sponsored through an educational grant from BioMarin Pharmaceutical Inc.

Patient Power® is solely responsible for all program content.

**How to Participate in LIVE Programs:**

- **Online:** A link to the live audio stream will appear at [www.patientpower.info/pku](http://www.patientpower.info/pku) on the night of the program shortly before it begins.
- **Questions:** Email questions in advance or during the program to [pku@patientpower.info](mailto:pku@patientpower.info)

**Thursday, September 16, 2010 :: 8 – 9 PM Eastern (7-8 PM Central / 5-6 PM Pacific)**  
**Young Adults with PKU: Transitioning to Life on Your Own**

Guests:

**Nicole Payne, R.D., L.D.N.,** Clinical Metabolic Dietitian, Children's Hospital of Pittsburg of UPMC  
**Adam Rosenblatt, M.D.,** Director of Neuropsychiatry, Johns Hopkins School of Medicine

Transitioning to life on your own can be difficult, even for those who do not have PKU. In this program, metabolic experts will provide tips and advice for controlling Phe when making life transitions. They will delve deeper into understanding the impact Phe levels have on your cognitive and executive functioning and how this could affect your life at work, school or home.

**Recent Programs: Replays available at [www.patientpower.info/pku](http://www.patientpower.info/pku)**

**Advice for Adults with PKU: Improving Your Life by Returning to Diet**

Guests:

**Richard Dineen, M.S., C.G.C.,** Genetic Counselor, University of Illinois Medical Center  
**Maryam Naziri, R.D., L.D.N.,** Metabolic Dietitian, Division of Genetics, Birth Defects & Metabolism, Children's Memorial Hospital  
**Matt Arch,** 34-year-old with PKU who recently returned to diet

In this program, metabolic experts discuss the issues of returning to diet as an adult and what new tools are available to help you get your PKU diet back on track. Experts share what has worked for other adults coming back to clinic and you'll also hear tips from Matt, a patient who returned to diet after being off for almost 20 years.

**PKU & Pregnancy: Lowering the Risks & Having a Healthy Baby**

Guests:

**Kathryn Moseley, M.S., R.D.,** Assistant Professor of Pediatrics, University of Southern California/ LAC+USC Medical Center  
**Eileen Blakely, M.S., R.D., C.D.N.,** Clinical Nutrition Specialist, Division of Pediatric Genetics, Golisano Children's Hospital, University of Rochester Medical Center  
**Stephanie Coleman,** Mother with PKU

Metabolic experts discuss key messages that women of childbearing age need to know and how to make critical decisions when planning your future. You'll learn about the impact that Phe levels have on the mother and fetus during pregnancy and how you can lower your risks, and have a healthy baby.

**Achieving Better Health While on the PKU Diet: What's New?**

Guests:

**Laurie E. Bernstein, M.S., R.D., F.A.D.A.,** Assistant Professor, Department of Pediatrics and Director of IMD Nutrition, The Children's Hospital, Aurora, Colorado  
**Maggie Davis, M.S., R.D., L.D.N.,** Metabolic Dietitian, Live Nutrition  
**Gina Valente,** Mother of Child with PKU and Author of Low Protein Cookbook

This program focuses on the importance of making smart PKU food choices to maximize overall health and manage weight while maintaining Phe levels. Listeners will learn about the benefits of incorporating exercise as part of the low protein diet and other lifestyle changes that can make a difference.



*Patient Power* is a highly respected online talk show hosted by Andrew Schorr, a 14-year leukemia survivor, patient educator and patient advocate. The program features renowned medical experts on a wide range of topics and brings patients together to learn information about available treatment options and "living with" issues. *Patient Power* welcomes questions from callers and Internet listeners on topics such as how to find the right doctor; how to advocate for yourself effectively, when to get a second opinion from a specialist and how to evaluate one treatment option over another. You can email us at [pku@patientpower.info](mailto:pku@patientpower.info) or call our Patient Power visitor line at **1-877-232-5445**.