Fast Facts

Galactosemia

-genetic condition
-Baby who is unable to produce the enzyme that allows galactose (the sugar in breast milk or formula) to be broken down into glucose (which is what your body needs for fuel)
-Results in galactose building up in the bloodstream, causing numerous problems
-Three main types: classic (type I), galactokinase deficiency (type II), and galactose epimerase deficiency (type III)
-Type I occurs in 1 out of every 30,000 – 60,000 babies, type II is 1 out of every 100,000, and type III is very rare
-Parents are often carriers of the disease but don't have the condition themselves

Symptoms	***Treatment***	***Prevention***
-Loss of appetite -Vomiting -Diarrhea -Jaundice -Severe weight loss	-Removing sources of lactose and galactose from the diet -Avoid dairy products and certain fruits, vegetables, and candies that contain galactose -Take vitamin and mineral supplements to replace what is missing from the diet -Hormone therapy for girls during puberty	-Seek treatment as soon as possible to prevent long-term complications