

## Parent Fact Sheet

# Long-Chain Hydroxyacyl-CoA Dehydrogenase Deficiency (LCHAD)

(Long Chain hy-drox-y-a-sill CO-a de-hy-DRA-gen-ace  
De-fish-n-see or just L-CHAD)

### What is LCHAD?

Long-Chain Hydroxyacyl-CoA Dehydrogenase Deficiency (LCHAD) is a metabolic disorder. This means the body has a chemical imbalance. LCHAD is a condition that is present when an enzyme is missing or not working properly. People with this condition cannot change fats in their diet to fuel for the body to use for energy. LCHAD is inherited. This means it is present at birth.

### What type of problems occurs with LCHAD?

A baby who has this condition may have low blood sugar. Your child may not respond to you as he or she normally does or may seem sleepy. A regular eating schedule is important to help save their energy by letting them store more fat. If untreated, this condition can lead to a delay in growth and meeting growth milestones. Early diagnosis and treatment will help prevent these problems.

### What is the chance my baby will have LCHAD?

This condition occurs in about 1 in every 75,000 births. It is not limited to any specific ethnic group. Babies born with this condition have a changed gene from each parent. A person who has one changed gene is called a carrier. A person who is a carrier does not have symptoms. If both parents are carriers, either parent can pass on the changed gene to their baby. If both parents pass on the changed gene, the baby will have the condition. If both parents are carriers, for each pregnancy:

- There is a 25% chance that the baby will be born with this condition.
- There is a 50% chance that the baby will be a carrier for this condition.
- There is a 25% chance that the baby will not be born with this condition and will not be a carrier.

### What is the treatment of LCHAD?

The treatment of LCHAD usually consists of eating on a regular schedule. This means your child will need to eat frequently and should not go more than 3-5 hours without eating. Your baby's metabolic doctor will help you make sure that your baby gets the right diet and medical care.

### Where in Virginia can I take my baby for care?

Please speak to your baby's pediatrician about obtaining a referral to a pediatric metabolic specialist in your area. If you want to know more about this condition, please contact Virginia Newborn Screening Services, Virginia Department of Health. The Web site is <http://www.vahealth.org/gns>.



The information provided is offered for general information and educational purposes only. It is not offered as and does not constitute medical advice. In no way are any of the materials presented meant to be a substitute for professional medical care or attention by a qualified practitioner, nor should they be construed as such. Contact your physician if there are any concerns or questions.