

## Carnitine Uptake Defect (CUD)

### Parent Fact Sheet

A newborn screening test is a **screen** and not diagnostic testing. An “abnormal” result on a newborn screen indicates the baby may be at a higher risk of having a disorder; however, it does not diagnose your baby with the condition. Many babies who receive abnormal results do not have the condition. Follow-up with your provider is **very important** to determine if your baby has the disorder indicated.

**Disorder Indicated:** Carnitine Uptake Defect (CUD) is an inherited condition in which the body does not have enough carnitine in the cells to break down fats for energy. This results in an accumulation of fatty acids in the body. If left untreated, CUD could cause brain damage, coma, or death. However, if the condition is detected early and treatment is begun, individuals with CUD can have healthy growth and development.

Incidence	Estimated 1 in every 100,000 newborns.
Signs and Symptoms  <i>Please note: these findings may not be present in young infants or in milder forms of the disease</i>	When a child has CUD, you may see symptoms including: <ul style="list-style-type: none"> <li>• Poor appetite</li> <li>• Tiredness/Sleeping longer or more often</li> <li>• Vomiting/Diarrhea</li> <li>• Hypoglycemia (low blood sugar)</li> <li>• Behavior changes/irritability</li> <li>• Breathing difficulty</li> <li>• Seizures</li> </ul> <p><i>Symptoms can be triggered or exacerbated by periods of fasting, illness, or infections.</i></p>
Next Steps <b>may</b> include:	<b>Follow up with your child’s pediatric provider</b> Clinical assessment Laboratory Testing
Treatment <b>(if indicated)</b>	Restricted diet (follow up with your child’s pediatric provider)
Additional Resources	VDH Newborn Screening <a href="http://vdhlivewell.com/newbornscreening">http://vdhlivewell.com/newbornscreening</a> Baby’s First Test <a href="http://www.babysfirsttest.org">www.babysfirsttest.org</a> Genetics Home Reference <a href="https://ghr.nlm.nih.gov/">https://ghr.nlm.nih.gov/</a> Fatty Oxidation Disorder Family Support Group <a href="http://www.fodsupport.org/">http://www.fodsupport.org/</a>

Educational content adapted from [www.babysfirsttest.org](http://www.babysfirsttest.org)

