

## Classic Galactosemia (GALT)

### 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:** Classic galactosemia (GALT) is an inherited condition in which the body is unable to properly digest galactose, a sugar found in all foods that contain milk. If a child with GALT eats galactose, undigested sugars build up in the blood rather than being used for energy.

If GALT is left untreated, it can cause seizures, serious blood infections, liver damage, or even death. However, with early treatment, the child will most likely have a healthy life with avoiding developmental and intellectual disabilities. Some children with mild forms may not need any treatment.

Incidence	1 in every 30,000 to 60,000 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 classical galactosemia, you may see symptoms including: <ul style="list-style-type: none"> <li>• Poor weight gain and growth (failure to thrive)</li> <li>• Poor feeding and sucking</li> <li>• Vomiting</li> <li>• Diarrhea</li> <li>• Sleeping longer or more often</li> <li>• Tiredness</li> <li>• Irritability</li> <li>• Low blood sugar (hypoglycemia)</li> </ul>
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>	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> Galactosemia Foundation <a href="http://www.galactosemia.org/">http://www.galactosemia.org/</a>

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

