VDH VIRGINIA DEPARTMENT OF HEALTH

Division of Child and Family Health- Newborn Screening Follow-Up Program

Medium-Chain Acyl-CoA Dehydrogenase Deficiency (MCAD)

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: Medium-Chain Acyl-CoA Dehydrogenase Deficiency (MCAD) is a fatty acid oxidation disorder in which the body cannot break down certain fats to use for energy due to an inherited enzyme deficiency. This results in an accumulation of fatty acids in the body. If left untreated, MCAD could cause brain damage, coma, or death. However, if the condition is detected early and treatment is begun, individuals with MCAD can have healthy growth and development.

Incidence	Estimated 1 in every 15,000 newborns.
Signs and Symptoms *Please note: these findings may not be present in young infants or in milder forms of the disease*	When a child has MCAD, you may see symptoms including: • Poor appetite • Tiredness/Sleeping longer or more often • Vomiting/Diarrhea • Hypoglycemia (low blood sugar) • Behavior changes/irritability • Breathing difficulty • Seizures *Symptoms can be triggered or exacerbated by periods of fasting, illness, or infections.*
Next Steps ***may*** include:	**Follow up with your child's pediatric provider** Clinical assessment Laboratory Testing
Treatment ***(if indicated)***	Restricted diet (follow up with your child's pediatric provider)
Additional Resources	VDH Newborn Screening *http://vdhlivewell.com/newbornscreening* Baby's First Test *www.babysfirsttest.org* Genetics Home Reference *https://ghr.nlm.nih.gov/* Fatty Oxidation Disorder Family Support Group *http://www.fodsupport.org/*

Educational content adapted from www.babysfirsttest.org

Virginia Newborn Screening Services
Keeping Virginia's Babies Healthy – One Foot at a Time

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