# Carnitine Uptake Defect (CUD)

(Sounds like CAR-NE-TEEN UP-TAKE DE-FECT)



### What is newborn blood spot screening?

This is a blood test, from a heel poke, that is done a day or 2 after babies are born to test for treatable conditions including carnitine uptake defect (CUD) that you, your doctor, or midwife can't see by just looking at your baby. This screening test is different from those done during pregnancy.



### What does it mean if my baby needs more tests for CUD?

A baby needs to have more testing for CUD when their screening test result is abnormal or positive. This doesn't mean your baby has CUD. It means your baby has a higher chance of having the condition and will need more tests to find out if they have CUD or not.

It's normal to feel worried if your baby needs more testing. Your specialists and other healthcare providers are there to support you. They'll explain what will happen and answer your questions.

#### What is CUD?

CUD is a metabolic condition that affects how your body uses fat from the food you eat to store and make energy. This includes breastmilk and regular formula. Your body breaks down fat into smaller parts called fatty acids. Fatty acids are an important source of energy during times when you don't eat or are ill. With CUD, a substance called carnitine can't be moved into your body's cells. So your body can't use fat to make energy and control sugar. This can cause serious health problems.

#### What causes CUD?

CUD is genetic. This means babies with CUD are born with a gene from both parents, which has a change in it. This change stops the gene from working properly. CUD isn't caused by anything that happened during pregnancy.

There may be no signs of CUD at birth. It's important to remember that this condition can't be seen by looking at your baby.



## What can I expect with more testing?

Everything that will happen with more testing will be explained to you. Your baby may need to have their blood and urine tested to check for CUD.

This testing may be done at a clinic in Edmonton or Calgary that specializes in CUD.

### What if more testing shows my baby has CUD?

If testing shows that your baby has CUD a specialized healthcare team will work with you to make a care plan for your baby. You and your baby will get the best care and support possible.

#### How is CUD treated?

Your doctor at the metabolic clinic will prescribe a carnitine supplement. The specialized healthcare team will give you detailed instructions about how to manage your baby's health. Most babies with CUD have no health problems.





### Carnitine Uptake Defect (CUD)



Be careful when you search for information on the Internet. Get information from trusted sources and learn where to find reliable information.

If you're ever concerned about your baby's health or need support for you or your family, speak with your family doctor, the specialized healthcare team, or call Health Link at 811.

To learn more about CUD visit <u>babysfirsttest.org</u> and enter CUD into Find a Condition, or scan this QR code.





Newborn blood spot screening is provided through the Alberta Newborn Screening Program (ANSP) within Alberta Health Services (AHS). The program helps your baby have the best start in life. Early screening for certain conditions makes sure your baby gets treatment when it can help the most.

To learn more about newborn screening visit ahs.ca/newbornscreening or scan this QR code.



Notes	

This material is intended for general information only and is provided on an "as is", "where is" basis. Although reasonable efforts were made to confirm the accuracy of the information, Alberta Health Services does not make any representation or warranty, express, implied or statutory, as to the accuracy, reliability, completeness, applicability or fitness for a particular purpose of such information. This material is not a substitute for the advice of a qualified health professional. Alberta Health Services expressly disclaims all liability for the use of these materials, and for any claims, actions, demands or suits arising from such use.