[Date]

## RE: [Patient Name, DOB, Medical Record Number]

To Whom It May Concern:

Patient xxx has a rare inborn error of metabolism known as a fatty acid oxidation disorder. His/her disorder is caused by a deficiency of the enzyme medium chain acyl-CoA dehydrogenase (MCAD). The disorder was diagnosed through the xxx newborn screening program. Patients with fatty acid oxidation disorders are at risk for developing significant hypoglycemia after a period of prolonged fasting because they are not able to break down stored fats for energy, and they rapidly deplete their glycogen stores.

We have instructed the parents to monitor him/her carefully during periods of illness and/or decreased oral intake. They have been instructed to seek medical attention if the oral intake is inadequate, he is lethargic or appears very ill to them, or the finger stick glucose is falling. The parents have been instructed to attempt to give oral glucose while they are transporting him/her to the emergency room if they have concerns regarding a possible hypoglycemic event.

Patients with fatty acid oxidation disorders can have rapid metabolic decompensation during periods of illness. Prompt assessment and prevention or treatment of hypoglycemia can be lifesaving. It is important to begin 10% dextrose by IV immediately if Patient xxx has been unable to take oral nutrition (sugar containing fluids) or has any evidence of hypoglycemia. Hypoglycemia is an end-stage event in the course of metabolic decompensation in MCAD deficiency. Therefore, the absence of hypoglycemia in a child with MCAD deficiency who is unwell and not taking oral nutrition is not reassuring, nor should it prevent or delay the start of therapy with IV glucose. Even if the child appears otherwise well, a blood glucose <60 mg/dl should be treated immediately with 10% dextrose, with appropriate electrolytes, running at 1.5 times the maintenance fluid rate.

Please contact the metabolic physician on call when you see this patient with MCAD deficiency for additional information regarding the treatment and/or management.

Sincerely,

[Medical Team Information]

[Medical Home Portal / May 18, 2016]