LIVE WEBINAR

Advances in PKU management: Current and future options

7 NOVEMBER 2025
from 13.30 to 17.00 CET

Pre-webinar interview: **3 November 2025**
Post-webinar infographic: **14 November 2025**

MeδEA
Medical Education Academy

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Overview

Disruption of phenylalanine metabolism results in especially high phenylalanine concentrations, which, if untreated, results in severe intellectual disability, epilepsy and behavioural problems (van Spronsen, 2021). Newborn screening is key to early diagnosis of phenylketonuria (PKU), followed by lifetime phenylalanine restriction. Advances in nutritional treatment of PKU, as well as new treatments currently undergoing clinical trials will be discussed during this webinar. The mechanisms of PKU neurotoxicity and how to prevent them, and the development of phenylalanine tolerance in patients will be explored. Advances in genetic research has revealed how different variants in the PAH gene impact the severity of an individual's PKU [Hillert, 2020], and has emphasized the importance of personalized treatment. Individualized care for patients will also be explored in the context of personal health – providing guidance for lifestyle choices, predominantly exercise and diet, as those with PKU may be prone to obesity and subsequent health conditions. This support is particularly crucial for women and girls with PKU as they navigate adolescence, pregnancy and menopause. This webinar will focus on current and future treatments for PKU, and also address some of the underlying metabolic and neurological problems associated with phenylalanine dysfunction.

Learning Objectives

After attending this webinar, participants will be able to:

1. Understand how variants in the PAH gene impact the severity of an individual's PKU
2. Recognize mechanisms of neurotoxicity in PKU
3. Understand the range of comorbidities in patients with PKU
4. Identify the need for personalized nutritional care with the use of adjunct drug treatment in PKU
5. Evaluate selected aspects of health at different periods of life in women with PKU
6. Identify new therapeutic options for patients with PKU and how to judge their clinical impact

Target Audience

Specialists in paediatric and adult inherited metabolic disorders, dietitians, nutritionists, clinical biochemists and geneticists, basic scientists, psychologists, gynaecologists and obstetricians, nurses and all healthcare professionals helping those with PKU.

Language

The official language of this live educational activity will be English.

Continuing Medical Education

The **Advances in PKU management: Current and future options** programme will be submitted for CME accreditation from the European Accreditation Council for Continuing Medical Education (EACCME) and/or the European Board for Accreditation of Continuing Education for Health Professionals (EBAC) and for Continuing Professional Development (CPD) credits.

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CME Provider

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