MNT4P™
Inherited Metabolic Disorders

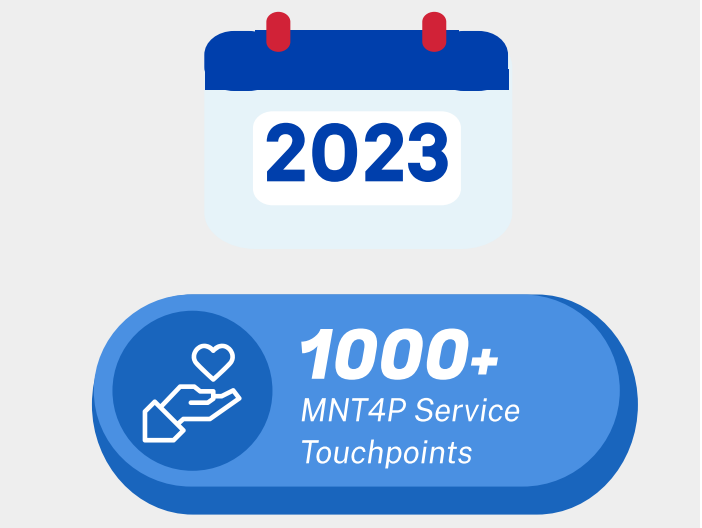
Welcome To MNT4P Family Newsletter!

Medical Nutrition Therapy for Prevention (MNT4P) Program: Comprehensive Approach for Genetic Nutrition in Georgia and Beyond

For the past seven years, the MNT4P program has been at the forefront of providing exceptional genetic nutrition services across Georgia. As an integral part of the prestigious Emory Research University, we have consistently showcased our unwavering dedication to the inherited metabolic disorders community (patients & providers) through our compassionate and knowledge-driven approach.

Our program remains committed in its mission to enhance the health and overall well-being of our community by ensuring they receive the utmost nutritional care and support in managing genetic disorders.

The MNT4P program goes beyond merely addressing gaps in access to medical foods and related services; it also provides educational and research opportunities, enabling active engagement and valuable contributions from patients and families to the field of genetic nutrition.



MNT4P Celebrates 30th Annual Emory Metabolic Camp, June 10-15, 2024

Founded in 1995, our research-based Metabolic Camp was created with a mission to empower young girls and women by providing them with the knowledge and skills needed to effectively manage inherited metabolic disorders like PKU and MSUD. By doing so, we aim to mitigate the adverse impacts of these conditions, including Maternal PKU Syndrome, ultimately fostering a healthier, more fulfilling life.

What sets this camp apart is the opportunity to actively engage in social support network, contribute to research, and learn from leading genetic providers over the course of week-long camp.

We believe that providing a range of self-empowering activities, such as health and wellness, reproductive choices, and healthcare transition, is beneficial for our attendees, and contributes towards creating a fair and equitable society within our community.

Metabolic Camp
www.metcamp.net

30	Average Number of Campers per Year
50+	Camp Scholarships Offered through MNT4P (so far)
200+	Campers Over 3 Decades

"Wishing you joy, peace, and all the festive cheer this holiday season!"

Emory Metabolic Camp Collaborator

Investigates at-home Phe monitoring with urine test

Dr. Robert Latour

Over the past 10 years, ***Dr. Robert Latour*** and collaborators at Clemson University have been working on the development of a **urine test** as a noninvasive quick and **easy at-home method** to estimate blood phenylalanine (Phe) concentration for individuals with phenylketonuria (PKU).

Collaborative support from Dr. Rani Singh's group and MNT4P's Emory Metabolic Camp program has been instrumental in helping them to assess this new technology by providing urine samples for analysis from participant volunteers for comparison with blood Phe levels. Results have been very encouraging thus far.

They are now excited to announce the receipt of a National Institutes of Health Small Business Technology Transfer (NIH STTR) Phase-I grant award to Circa Bioscience, LLC in collaboration with Clemson University and the Greenwood Genetic Center with the objective of working toward the commercialization of this urine test for the PKU community. This continuing effort is just one example of the important contributions that the MNT4P program is making toward helping to meet the needs of the metabolic-disorders community.

Meet the Camper

My first time attending camp in person was in 2023 and my favorite thing about camp is being able to meet and talk to other girls my age who also have PKU and being able to talk about shared experiences specific to having PKU.

One thing I learned while at camp was that there was a really large spectrum for people with PKU and that PKU management can look very different for two people who have PKU.

While at camp, I learned through conversation with another camper that Chik-fil-A fries were actually higher in protein than other fries. This was an important and helpful thing to learn for me, because Chik-fil-a is a spot my friends and I often go to after school to hang out

I prepare all of my meals and formula and so for me, the best part of camp was not having to think about and cook my own meals and to be able to try different PKU friendly foods that I was later able to try at home.

Liz Yang,
PKU, 16 Years Old

Liz at Emory Metabolic Camp 2023

Emory Metabolic Camp Timeline

1995
1st Annual Metabolic Camp

2005
10th Annual Metabolic Camp

2016
Start of MNT4P Grant-Funded Program

2019
25th Annual Metabolic Camp

2024
30th Annual Metabolic Camp

Emory Metabolic Camp 2024 Initiative

Goals

Expand community outreach efforts to increase camp anticipation.

Offer research study participation in improving awareness and understanding of rare genetic disorders.

Impact

A stronger & well-engaged community of campers, their families, and alumni.

A collaboration between campers and providers to promote independence in managing inherited metabolic disorders such as PKU and MSUD.

Action

We're striving to **make a difference**, and your **financial support** could go a long way.

DONATE

Holiday Recipe:
Cider-Glazed Sweet Potatoes & Apples

10 Servings | 60 Minutes

Ingredients

- 2 large orange-fleshed sweet potatoes (yams), cooked & peeled (560 gm)
- 2 large tart apples (such as Granny Smith), peeled, cored & cut into 8 wedges each (360 gm)
- 3 tablespoons butter
- 1/3 cup apple cider or apple juice
- 1 tablespoon orange juice
- 1/4 cup light brown sugar, packed
- 1/2 teaspoon ground cinnamon
- 2 teaspoons grated orange zest
- 3 tablespoons pure maple syrup

Nutritional Analysis

Metabolic Pro# 11517, 11/10/2023

Recipe:	Per Serving:
Calories: 1317	132 kcal
Protein: 9.2 gm	0.9 gm
Carbohydrate: 251 gm	25 gm
Fat: 36 gm	3.6 gm
Phe: 484 mg	48 mg
Leu: 547 mg	55 mg

Directions

1. In a large pot, cover whole unpeeled sweet potatoes (slightly more than 560 gm after peeling) with cold water.
2. Bring to a boil & cook until just tender, about 35 minutes.
3. Drain whole sweet potatoes & let cool until they can be handled. *The sweet potatoes can be prepared in advance up to this point and refrigerated overnight.*
4. Peel the sweet potatoes, cut them lengthwise into wedges, then cut the wedges crosswise in half or thirds (depending on the length of the potato). You should have 560 gm.
5. Cut apple wedges in half crosswise.
6. In a large skillet, cook the apples and butter over medium heat, stirring occasionally, for about 4 minutes or until they are softened.
7. Stir in the apple juice, orange juice, brown sugar & cinnamon. Bring the liquid to a boil & simmer the apples for 3-4 more minutes.
8. Lower the heat to medium-low; add sweet potatoes to the skillet along with the orange zest and maple syrup.
9. Mix gently to coat the apples & sweet potatoes with the syrupy mixture.
10. Cook for another 4-5 minutes, or until all or most of the liquid has formed a glaze on the potato-apple mixture and both are very tender.

Source: Schuett, Virginia & Corry, D. Apples to Zucchini. Washington: National PKU News, 2005. 176. Print.

Upcoming Events

- **Annual open enrollment for Medical Insurance** (November 1- December 15, 2023)
- **PKU Awareness Day** - December 3, 2023
- **Rare Disease Day** - February 29, 2024
- **MNT4P Annual Enrollment** (January 2024)
- **Maternal PKU (MPKU) Patient-Provider Summit**: Spring 2024
- **Save the date:** Emory Metabolic Camp (June 10-15, 2024): www.metcamp.net

Contact Us

Have additional questions or comments? Contact us!

Visit our website: www.mnt4p.org

EMORY UNIVERSITY SCHOOL OF MEDICINE
Department of Human Genetics