

Transcript for *Eric's PKU Return to Clinic*

I did feel kind of weird being like the candy kid. Literally, my lunch would be just straight candy, so everyone would always be trying to steal my lunch.

When I was younger my parents made sure I drank my formula and that I did do my blood tests even though I'd fight them on it every time.

I got started playing hockey. We're very close, uh, like we'd go on out of town trips. Between games we'd obviously be causing mayhem at the hotel. I was a bit more known for my physicality. I actually even led the league in penalty minutes one season.

I was on a formula, and I actually liked it. I liked it a lot, and then all of a sudden, they changed the formula. I couldn't stand it. And that's kind of when I started going downhill.

A couple guys that are on my team would actually call me out on it. Like, bro, you're forgetting something. You've told me that like multiple times already. And I'm sitting there like, no I haven't like, what are you talking about.

Having a team, it's the family aspect of you got someone always looking out for you. I felt like I was getting worse, so I felt like I did need to kind of reel this in before I let it get too far.

One of my good friends, he had just told me, he's like, oh I met this girl, you've got to meet her. She's like you, she doesn't eat protein. So, he introduced us, and I started talking with her on Facebook. Made me wonder if maybe I could go back and get a little bit better help.

I was waiting to get like, reamed about why haven't we seen you in three years or, oh my gosh your levels are so high what have you been doing. But they work with you. They had all the information I could need. They were helpful.

I feel a little more clear-headed. I feel like I have a little bit more energy too. I was a little unenergetic there for a while. I'm able to go out with my friends a lot more and stuff. I do construction, so there's a lot of math and a lot of thinking going

into what I do so without having that brain fog it makes my job a lot easier as well.

A whole lot has changed in PKU care, so make an appointment at your clinic today.