

## **Transcript for *Connie's PKU Return to Clinic***

When I was born, newborn screening wasn't available. And I was five months old before they found my PKU.

My parents kept me really strict on diet, but for some reason the medical community believed that at the age of seven your brain fully developed. Later found out that was not the fact.

When I sing karaoke, it's a release of emotions and feelings.

My family and my children are everything. I had to learn how to focus on myself, and that was really hard because I've never done that before.

I realized the necessity of taking care of myself, remembering what made me happy, things that I just had a passion for. And I decided to return to doing those things, one of those being the karaoke. My health was the catalyst.

I wanted to make that contact with the clinics because of health problems that had developed. It was during that process that my husband said, could this be related to your PKU. So that's what basically started me on my journey.

I had to return to clinic. I really didn't know where to start and I started researching on Facebook and found numerous PKU groups and it was there that I gained all my information on how things had changed. When I went back to clinic, I found absolutely amazing people.

I returned to care after 50 years and now my phenylalanine levels are lower than they've ever been in my entire life. My family, my friends, some people that I've known probably 20 years, have noticed dramatic differences in me.

When I sing songs from the heart, they say they can see it in my face.

It is never too late, whether you're 15 or 50. The best choice and decision you can make in your life is to take care of yourself. Give your future and your life a chance to be better than it ever has been.