**Name, Date of Birth (shared by Leigh Hopkins)**

***NAME has an extremely rare neurometabolic condition called Glucose Transporter Type-1 Deficiency Syndrome (Glut1 Deficiency).*** *This condition causes problems with brain energy metabolism. NAME is one of approximately 900 individuals identified with Glut1 Deficiency worldwide. We think this makes him super special!*

## About Glut1

Glucose is normally the primary fuel source for the human brain, but because of Glut1 Deficiency, NAME's body cannot properly transport glucose to his brain. Glut1 Deficiency is a condition that can cause seizures (in NAMES's case, absence seizures, which are short lapses in awareness lasting several seconds), as well as problems with fine and gross motor coordination, balance, and energy levels.

There is no cure for Glut1 Deficiency. The only known treatment is the KETOGENIC DIET, which NAME started in March 2018 under the guidance of nurses, dieticians, and doctors at Mayo Healthcare system. The Ketogenic diet is very strict: high fat, medium protein, extremely low carbohydrate, and NO SUGAR. The Ketogenic diet forces NAME's body to metabolize fat instead of glucose for his brain’s/body’s fuel source. Metabolized fat is readily transported into the brain and available for energy when the body is in a state of “ketosis” (using fat for energy instead of carbohydrates).

## Importance of the Ketogenic Diet

At lunchtime, NAME needs to eat and drink everything in his lunch. To maintain ketosis, it is imperative that NAME eats and drinks only the foods/drinks that his family provides for him. **It is critical that NAME does not accept food/drinks that are not provided from home!**

NAME needs to have water available to him at all times, and a snack after school to help maintain his diet. NAME’s water bottle should be brought to lunch and all outdoor activities to keep him well hydrated. Snacks will be in NAME’s backpack, and are provided from home.

NAME has a lower tolerance for heat and endurance when participating in physical activities. He needs plenty of water before and during P.E. class and UBT. NAME should be reminded to drink his water when exerting or when he’s outside in hot weather. He also needs to be reminded to take frequent breaks during physical activity to avoid overexertion.

The Ketogenic diet is extremely rigid and even a slight deviation (especially sugar) can cause the diet to fail, resulting in seizures and a harmful lack of fuel to NAME’s brain.

When possible, we would greatly appreciate advance notice of upcoming events that include food in the classroom so we can provide a keto-friendly alternative for NAME.

## Just In Case...

If you believe NAME has eaten something that we have not provided for him (no matter how small) or you think you’ve noticed seizure activity or he seems “off” in any way, his parents should be contacted *immediately* at:

**Contact information**

For questions related to the Ketogenic diet or anything regarding NAME’s dietary needs, the nurses and staff can be contacted in Dr. Neurology’s office, his pediatric neurologist, at ----------------.

Please see “[Helping a Person During a Seizure](https://www.epilepsy.com/learn/seizure-first-aid-and-safety/adapting-first-aid-plans/seizure-first-aid)”. Thankfully, NAME has never experienced seizures that would require the use of an emergency medication, but epilepsy can sometimes change as a child develops, so we want to be prepared.

## Thank You!

It’s important to know that NAME’s physical, social, and mental abilities can fluctuate from day to day, even throughout a single day. However, with proper treatment through the Ketogenic diet, the effects of Glut1 are significantly reduced and NAME’s abilities should be in line with those of his peers.

Thank you very much for taking the time to read this information, and for your support of NAME and our family!

For more information on Glut1, please visit the Glut1 Deficiency Foundation’s website: www.g1dfoundation.org