

## Prevent Low Blood Sugar in Babies with CPT1A:

Use an alarm clock or timer for a reminder to feed your baby regularly.



It is important to feed your baby often and get medical help when the baby is sick.

Go to the doctor or hospital if your baby gets sicker or is refusing to eat or drink for several hours. Your baby can get very sick very quickly. Seizures, coma and even death can occur.



**More research needs to be done to learn more about CPT1A.**

**Healthy babies and young children are NOT at risk when they are fed regularly.**



## Feeding Your Baby

For further information

Age	0-3 Months	3-6 Months
Daytime feeding when well	3-5 hours	4-6 hours
Nighttime feeding when well	3-5 hours	4-6 hours
Feeding when ill day and night	2 hours	2 hours

Age	6-12 Months	Over 1 Year
Daytime feeding when well	3 meals and 3 snacks	3 meals and 3 snacks
Nighttime feeding when well	8-10 hours	10-12 hours
Feeding when ill day and night	On demand but no longer than 4 hours If vomiting more frequently	2-4 hours If refusing or vomiting food and fluids, use the Oral Rehydration Solution (ORS) protocol.

Contact your  
Community Health Nurse  
or call HealthLink BC at 8-1-1



# IMPORTANT INFORMATION FOR NUU-CHAH-NULTH PARENTS

## ALL ABOUT CPT1A



The CPT1A  
Genetic Change  
affects babies with  
2 Coastal First Nations  
Parents

## What is CPT1A?

carnitine palmitoyltransferase

It is a genetic change only found in Aboriginal people on the west coast of Canada, Alaska, and countries like Greenland and Siberia. This genetic mutation occurred thousands of years ago.



Historically, people born with this genetic change in CPT1A, survived better than those without. CPT1A is important in the way fat is turned into energy.

The combination of a traditional diet rich in healthy fats from fish, seal, and whales along with the CPT1A genetic change was an excellent combination leading to health advantages for Nuu-Chah-Nulth many years ago.

However, for infants and small children with the CPT1A change may be predisposed to low blood sugar.

It is estimated that up to 50% of the individuals who have both parents that are coastal First Nations are affected by CPT1A.

But even for those with 2 CPT1A parents the chance of a serious event is small (less than 5%)

## Why Does Low Blood Sugar Matter?

**Very low blood sugar can cause injury to the brain**

## What Should You Do?

1. If both parents are of Coastal First Nations ancestry ask your family doctor to test your newborn baby for CPT1A
2. Prevent low blood sugar in your baby that is positive for CPT1A.

## What are the Symptoms of Low Blood Sugar?

### Babies under One Year

- ◊ Trembling or shaky
- ◊ Pale, cold, clammy or sweaty skin
- ◊ Sleepy and difficult to wake to feed
- ◊ Cold hands and feet

### Young Children may have these additional symptoms

- ◊ Hungry
- ◊ Headache
- ◊ Confusion, tired or sleepy
- ◊ Blurred vision and/or dizzy
- ◊ Irritable or restless
- ◊ Trouble holding things or walking straight

Monitor newborns and children under 5 years old who do not feed regularly. Low blood sugar can happen when:

- ◊ Babies are sick with vomiting and diarrhea.
- ◊ Babies and young children are fasting for a medical or dental procedure.

◊ A baby or young child does not feed for a long time

3. Feed baby an oral rehydration solution (recipe below, Gatorade, osmolite etc.) with a teaspoon

- Six (6) level teaspoons of Sugar
- Half (1/2) level teaspoon of Salt
- One Litre of clean drinking or boiled water and then cooled