



Citrin Foundation

# CITRIN DEFICIENCY FOR WORKPLACE

Workplaces have a duty to their employees' well-being, but sometimes it can be difficult to understand the needs of employees, especially those with rare diseases. We hope that this resource can contribute to making workplaces more inclusive and aware spaces for people living with citrin deficiency.

## What is citrin deficiency?

Citrin deficiency is a hereditary rare condition where there is a mutation in the gene that produces the citrin protein which causes metabolic malfunctions in the liver.

Symptoms may vary and the severity of the clinical presentations of the condition differs due to various factors.

Patients naturally develop the following food preferences to protect themselves:

- consuming smaller amounts of carbohydrates, and larger portions of protein and fat
- avoiding alcohol consumption at all costs

Ignoring the food preferences could lead to health problems and may even endanger the patient's life.

On the next page, we provide essential tips that people with citrin deficiency need to follow and explain how you can support these in the workplace.

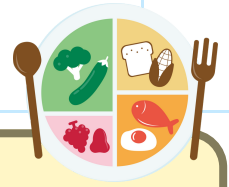
## For more information

If you have any questions or would like to know more about citrin deficiency, please ask your colleague (the patient) or find more information on the Citrin Foundation patient website.

This flyer is prepared by Citrin Foundation so please feel free to email us at [info@citrinfoundation.org](mailto:info@citrinfoundation.org) if you have any questions regarding this flyer.



# 1



## Dietary Management

The patient's food consumption may differ from what is considered to be the standard amount, but this is to respond to their metabolic needs. Citrin deficiency is different from an allergy and patients are usually able to naturally manage and balance their diets.

### What can you do to support this?

- Create a safe space where people do not feel the need to justify what (or how much) they are eating.

# 2



## Supplementary food between meals

Due to the impaired metabolic functions, citrin deficiency can easily cause an energy deficit and lead to hypoglycemia. Snacking between meals is suggested to avoid this.

### What can you do to support this?

- Please be understanding if an employee eats or drinks at their desk/outside of their scheduled lunch break.

# 3



## No alcohol

Alcohol can cause serious damage to patients with citrin deficiency and may even endanger the patient's life. Patients should strictly abstain from consuming alcohol, even in small quantities.

### What can you do to support this?

- When hosting work socials where alcohol is involved, please be mindful of any peer pressure that may take place.
- If alcohol is offered at a work event, ensure that fun and tasty non-alcoholic drinks are also on offer.

## In case of emergency

The typical treatment of hyperammonemia includes high calorie infusion and GLYCEROL® for cerebral edema but it is likely to further exacerbate the condition of patients with citrin deficiency. **Please be sure to inform the ER that the patient has citrin deficiency.** There are no issues with general infusion to treat hypoglycemia, diarrhea, or vomiting, but in order to promote faster recovery, it is advisable to let patients consume what they wish after their appetite returns.