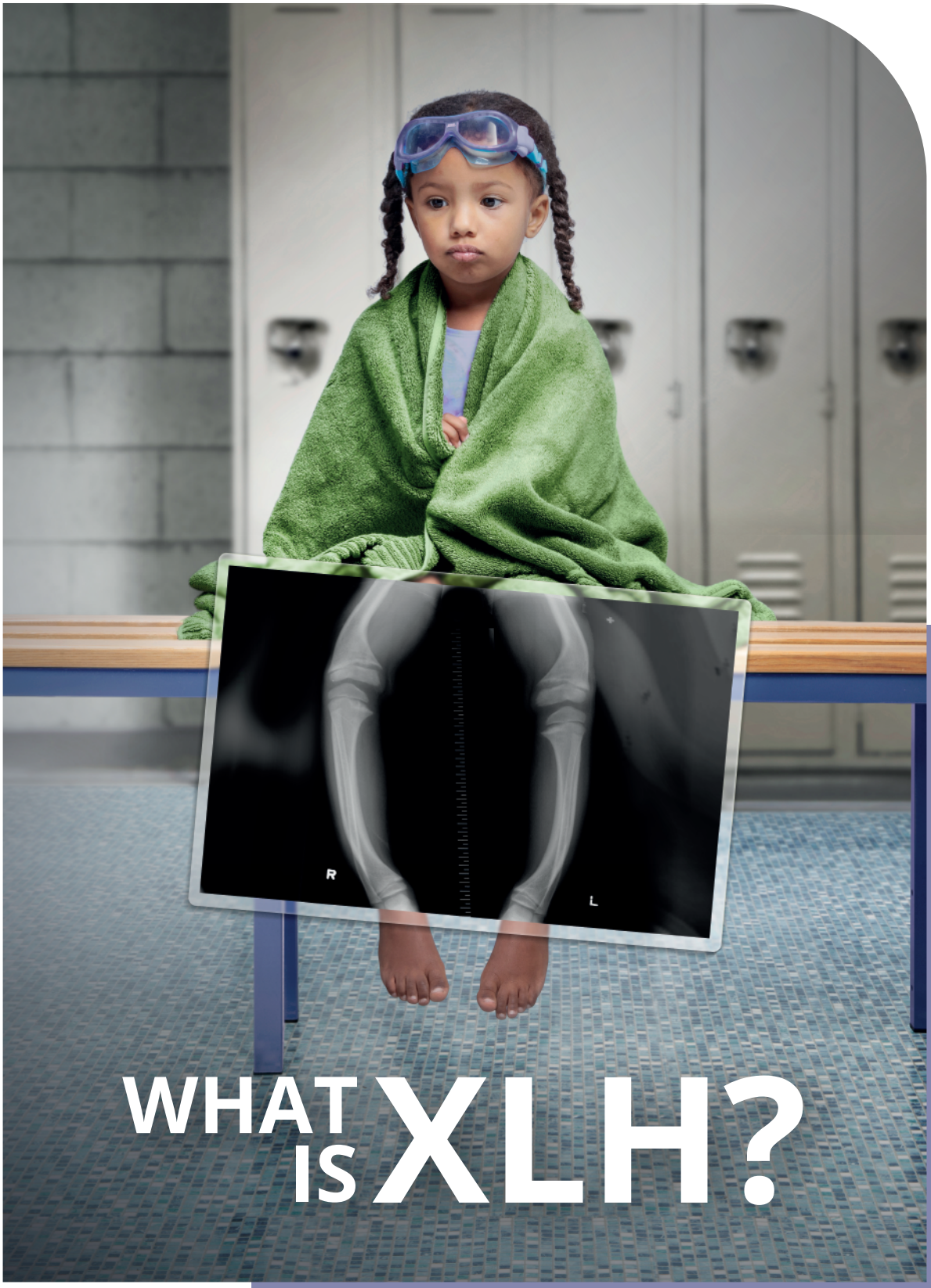
FOR PARENTS AND CAREGIVERS OF CHILDREN




# WHAT IS XLH?

**X-linked hypophosphatemia (XLH)** is a rare hereditary but lifelong and progressive disease.[1] It causes the body to lose excessive phosphorus through the urine. Because phosphorus is important for building healthy bones, muscles and teeth, patients with XLH may experience problems with these body parts.[1]

Early diagnosis and treatment are important for better treatment outcomes.[1] However, XLH is often mistaken for other skeletal diseases.[1,2] Find out with this easy-to-use checklist if you need to see a doctor for XLH screening.

## Should your child be assessed for possible XLH?

| Answer the following questions | Yes | No |
|---|---|---|
| Does your child grow more slowly or is shorter than other children his/her age? | | |
| Does he/she have bowed legs? | | |
| Does your child have big wrists and/or knees? | | |
| Has he/she had bone or joint pain? | | |
| Does he/she walk with a waddling gait? | | |
| Is his/her head shaped differently from other children? | | |
| Has he/she gotten a tooth abscess more than once in the past? | | |
| Is there a history of rickets or low blood phosphate in the family? | | |

**ACT NOW!** If you or your loved ones has a few of these signs and symptoms, see a doctor for proper assessment.[1,3] As the symptoms of XLH are progressive,[1] early diagnosis is important to allow for timely interventions, which can help to reduce the impact of symptoms of XLH, including reduced growth in children and pain in adults.[4,5]

**References: 1.** Munns CF, *et al.* Asia-Pacific Consensus Recommendations on X-Linked Hypophosphatemia: Diagnosis, Multidisciplinary Management, and Transition From Pediatric to Adult Care. JBMR Plus. 2023 May 1;7(6):e10744. doi: 10.1002/jbm4.10744. **2.** Al Juraibah F, et al. Diagnosis and management of X-linked hypophosphatemia in children and adolescent in the Gulf Cooperation Council countries. Arch Osteoporos. 2021 Mar 4;16(1):52. **3.** Childhood XLH symptoms. Available at: https://www.xlhlink.asia/about-xlh/childhood-xlh-symptoms/. Accessed 11 October 2023. **4.** Poon KS, *et al.* Genetic testing confirmed the early diagnosis of X-linked hypophosphatemic rickets in a 7-month-old infant. J Investig Med High Impact Case Rep. 2015;3(3):1-7. **5**. Lambert A-S., *et al.* X-linked hypophosphatemia: Management and treatment prospects. Joint Bone Spine 2019;86(6):731-738.

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