FOR ADULTS

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.[1,2] However, misdiagnosis and delayed diagnosis are common due to low awareness about the disease.[2] Find out with this easy-to-use checklist if you need to see a doctor for XLH screening.

Should you be assessed for possible XLH?

Answer the following questions	Yes	No
Are you much shorter than the average height?		
Are your legs bowed?		
Do you frequently have dental abscess or gum problems? Or have you started losing permanent teeth at a young age?		
Is there a history of rickets or low blood phosphate in your family?		
Did you have arthritis at a young age?		
Do you experience bone pain?		
Have you ever been diagnosed with degenerative arthritis, pseudofractures, or tendon disorder?		
Is your serum phosphate level lower than average?		
Do you experience fatigue?		

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.** Hamdy NAT, *et al.* X-linked hypophosphatemia: The medical expert's challenges and the patient's concerns on their journey with the disease. Arch Pediatr. 2021 Oct;28(7):612-618. doi: 10.1016/j.arcped.2021.09.005. **3.** Adult XLH symptoms. Available at: https://www.xlhlink.asia/about-xlh/adult-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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