

# GILBERT'S SYNDROME

## for Dummies



### Gilbert's Syndrome is a genetic condition in up to 7% of people

The gene UGT1A1 is different, There may be 113 variations of this gene in people with Gilbert's Syndrome.



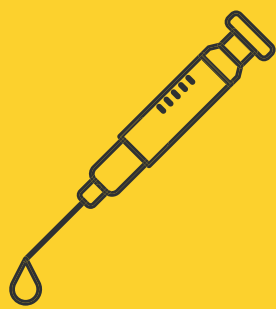
### Why is the gene important?

UGT1A1 is responsible for an 'enzyme', which is a chemical that helps other chemical reactions happen in your liver. In Gilbert's Syndrome we have up to 60% less of the enzyme that processes stuff like bilirubin amongst other things.



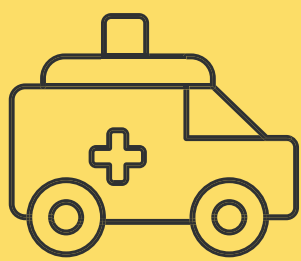
### Why is bilirubin important?

Bilirubin is a toxic waste substance produced when your red blood cells die. If you can't get rid of it, then it builds up, turns you yellow (jaundiced) and makes you feel sick. This is not going to cause you long term harm - but it's important for health professionals and you to understand that it might be triggered.



### What else does this enzyme do?

The enzyme we're deficient in works in the Phase II pathways of the liver and also processes drugs such as paracetamol, opiate based drugs, certain antibiotics and even menthol and vanilla.



### What symptoms does this cause?

Because you have a build up of unwanted stuff in your bloodstream you can feel unwell, hungover, tired, get itchy skin, and experience 'brain fog', dizziness and exhaustion. 30% of people may have no symptoms at all.



### Are there other things I can expect Gilbert's Syndrome to cause?

Yes! Delayed gastric emptying means your stomach may feel uncomfortable and make you feel nauseous. You may also feel anxious.



### What can I do to feel better?

Eat plenty of organic fruit and vegetables especially 'cruciferous' veg like broccoli and kale. Reduce bad fats (such as animal fats) and eat nuts, seeds and beans for protein. Drink plenty of water. Keep processed sugar to a minimum. Prioritise sleep. Don't do vigorous exercise, but exercise regularly at a lower intensity. Practice stress reducing through mindfulness, self awareness and self care.

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