What Is a UCD?
A Coloring Book to Help You Learn About Urea Cycle Disorders
Inside all of our bodies, we have little workers that each do their jobs to help us stay healthy.
These little workers are cells!
Our cells rely on enzymes to help them do their jobs.
Enzymes help our bodies break things into smaller pieces.
Enzymes also help our bodies change one thing...
POOF
...into another!
In someone who has a urea cycle disorder, or UCD...
...the enzyme that helps the body

get rid of ammonia

isn’t working right.
Ammonia is something that is in protein, which is in most food.
Some foods have

A LOT OF PROTEIN

HAMBURGER

EGG

CHEESE
and some only have

A LITTLE BIT OF PROTEIN

PLUM

APPLE

CARROT

PEAR

BANANA

TOMATO
Protein can also be in our muscles if our bodies have stored it there for later.
Ammonia from protein is okay in the body if there’s just a little bit, but too much ammonia can hurt the body.
Ammonia can hurt our cells.

That’s why the body needs to get rid of it.
There are ways that someone with a UCD can help keep his or her cells and body healthy.
The first way is by eating a special diet. Remember, ammonia is in protein, and protein is in most food. If someone eats less protein, there will be less ammonia in his or her body to get rid of.
Someone with a UCD may also need to drink something called **supplements** to make sure he or she can grow big and strong on this special diet!
Another thing people with UCDs can do to stay healthy is to be careful about activities. It’s important that they don’t get too hot or too tired from exercise or playing. This means staying out of the heat and choosing light activities, like swimming or yoga.
A third way to stay healthy with a UCD is to take medicine that helps the body get rid of ammonia. The medicine helps get rid of ammonia without the body needing help from enzymes.
Having a UCD means someone has to be careful about what they eat and the kinds of activities they do. But remember, we all have things that make us unique and special!