

MCT8 DEFICIENCY MULTIDISCIPLINARY CARE TEAM

A guide to the specialists, therapists, and others who deliver care for your child

Because MCT8 deficiency (Allan–Herndon–Dudley syndrome [AHDS]) can affect many areas of your child's health, care usually involves a medical team working together. This guide walks you through members of the team you're likely to work with. It's an educational resource, and every child's care is unique. Always discuss your child's specific care plan, evaluations, and next steps with the care team.



YOUR MCT8 (AHDS) DEFICIENCY CARE TEAM ROADMAP

Testing and Care Team Contact Details

Lab tests and evaluations

Your child’s care team will recommend tests and evaluations along the way. Here’s a general guide to what you can expect.

	Genetic testing (SLC16A2 gene): Confirms the MCT8 deficiency diagnosis. Typically ordered by the geneticist or pediatric neurologist.
	Thyroid function panel (T3, T4, TSH): Establishes a thyroid hormone baseline and is monitored regularly. Typically ordered by the pediatric endocrinologist.
	Heart evaluation (ECG, echocardiogram): Looks at your child’s heart structure and how it’s beating. Typically ordered by the cardiologist.
	Nutrition check-in: Reviews your child’s growth, weight, and how feeding is going. Typically performed by the gastroenterologist or nutrition specialist.
	Developmental check-in: Follows your child’s progress with movement, thinking, and communication milestones. Often involves the neurologist, therapists, and a developmental pediatrician.

ECG=electrocardiogram; T3=triiodothyronine; T4=thyroxine; TSH=thyroid-stimulating hormone.

Medical Team Contacts

Fill in the details of your child’s doctors and therapists so you’ll have the information handy when you need it.

Medical team	Name	Office contact	Phone	Email	Portal website
Primary care provider					
Pediatric neurologist					
Pediatric endocrinologist					
Genetic counselor					
Cardiologist					
Gastroenterologist					
Nutrition specialist					
Pulmonologist					
Orthopedic specialist					
Physical therapist					
Occupational therapist					
Speech-language pathologist					
Feeding therapist					
Nursing agency					
Hospice agency					
Clinical geneticist					