

## OUR CLINIC

We are located on the third floor of the 400 East Campus of Dixie Regional Medical Center. Please call 435.688.4841 for additional information or to schedule an appointment. When urgent issues arise, our staff will do their best to accommodate you as soon as possible.

## OUR PROVIDERS



**Ellen Arch, MD**

Dr. Arch received her medical degree from Jefferson Medical College and completed residency in Pediatrics at the University of

Pittsburgh Children's Hospital. She trained in Developmental Pediatrics at the Kennedy Krieger Institute and in Genetics at The Johns Hopkins University and The Harvard Medical School Genetics Training Program. Dr. Arch is boarded in both Clinical Genetics and Clinical Biochemical Genetics.

**Mary Brown, MS, RD, CDE**

Mary received her Master's degree from Brigham Young University in Nutritional Science. She has worked as a registered dietitian in many different areas, including several years as a diabetes educator. She has served as President of the Association of Diabetes Educators in Utah. She has two older sisters with inborn errors of metabolism, giving her a lifetime of experience in living with metabolic disorders.



## GENETICS CLINIC

544 South 400 East  
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[www.dixieregional.org](http://www.dixieregional.org)



## Genetics Clinic



## THE GENETICS CLINIC AT DIXIE REGIONAL MEDICAL CENTER

The Genetics Clinic is located at the 400 East Campus in the Perinatology suite. We serve patients of all ages with genetic and metabolic conditions, as well as those whose personal and family histories suggest an inherited problem. We work together with your family doctor to identify inherited disorders, and maximize your healthcare based on these findings. We also specialize in the management of metabolic disorders.

### WHAT IS A GENETIC DISORDER?

Most of us know that Down syndrome is a genetic disorder. Many people may not know that Cystic Fibrosis and Huntington's disease are caused by genetic changes as well. Many disorders like Down syndrome can occur due to a rearrangement of our chromosomes, the structures that contain our DNA. Each person's DNA is the roadmap to his or her unique development. Often such changes lead to birth defects, physical features that are different from other family members, or developmental delays and even autism. Some are passed along in families over generations, like a predisposition to certain cancers. Others like William's syndrome typically occur in a single individual.

Knowing the cause of a child or adult's physical changes or learning issues may help families and physicians to:

- Identify and treat associated medical conditions
- Plan and optimize education
- Clarify the chances of having another affected child

### WHO SHOULD SEE A GENETICIST?

Children or adults with:

- Unexplained Birth Defects
- Unexplained developmental delays and autism
- Unexplained short stature or failure to thrive
- Sensorineural hearing loss
- Personal or family history of multiple cancers
- Multiple miscarriages and/or stillbirth
- Abnormal DNA test results



### WHAT IS A METABOLIC DISORDER?

Metabolic disorders are also genetic disorders. Patients with them are missing or deficient in an enzyme that allows proper breakdown of metabolic byproducts in a safe manner. Many grow poorly and can become very ill. Feeding intolerance, unusual odors and episodic neurologic changes are often seen. Careful dietary management coupled with aggressive medical care and proper medications can result in dramatically improved health and development. These disorders are rare. Ask your doctor if you feel you or your child should see a metabolic specialist.

