

BLT Noodles

B=Brooms (e.g. frayed hair fibers with the appearance of two broomsticks pushed together in trichorrhexis nodosa)

L=Low= helps remind you that this is associated with metabolic syndromes with varying low or high levels of minerals/amino acids.

BLT Noodles

Ex.: low arginine and low copper in Menkes syndrome, low sulfur in trichothiodystrophy, high citrulline in citrullinemia, low arginine, high ammonia in argininosuccinic aciduria.

**T-Noodles=Trichorrhexis
Nodosa**

This mnemonic helps
you to remember
metabolic syndromes
associated with
trichorrhexis nodosa
(TN) of the hair