



GAUCHER
connection

A Lifeline for Patients
Living with Gaucher Disease



August 2010

Welcome to Gaucher Connection eNews

Hello!

Whether your treatment schedule runs smoothly or you sometimes experience challenges, it never hurts to consider what's around the corner—so you can make sure to always stay consistent.

Maybe your schedule's gotten really busy lately; or you sometimes find yourself just not in the mood to get your infusion. Either way, you know how important sticking to a steady treatment routine is to managing your Gaucher disease.

Organization and Planning

Staying organized is critical to keeping therapy consistent, so consider:

- Establishing a personal system—like an appointment book or digital planner—to help you stay organized
- Scheduling infusions and doctor appointments at consistent, convenient times that will be easy to remember and stick to
- Preparing things you can do to pass the time during infusions
- Having back-up plans to address last-minute obstacles

Physical Routine Changes

Any of these changes have the potential to disrupt a treatment routine, so be sure to plan ahead for:

- Traveling for business or pleasure
- Moving to a new home
- Changing jobs, office or work schedules
- Going away to school

Personal Life Changes

Family and social issues can also pose challenges, so think about how you might handle:

- Fitting your treatment commitments into a busy social life
- Talking to a new partner about your condition
- Having children and juggling your responsibilities to them with your treatment commitments

Mental Wellbeing

Mental hurdles can sometimes be the hardest to overcome, so be prepared for:

- Motivating yourself when you're just not in the mood to go for your treatment
- Setting goals for yourself that staying on treatment will help you achieve
- Prioritizing other activities that keep you feeling healthy and happy

Take Action

Print out these lists and take some time to review them with respect to your own situation.

Mark issues that may be relevant to you now or in the future. Start thinking about how you can work around challenges that might arise so you can keep up with your commitments and stay strong and healthy.

Patient spotlight: Elizabeth

- 23-year-old schoolteacher
- Living with Gaucher
- Mastered a tough course load at university
- Maintained full control of her treatment success



Read how Elizabeth planned ahead to successfully balance university with her Gaucher treatments. [Go >>](#)

Membership in the Gaucher Connection Program you signed up for includes these complimentary eNewsletters. If you do not wish to receive emails and updates from Gaucher Connection in the future, please [unsubscribe](#).

Patient Stories are examples based on aggregate medical data. The characters represented are not actual Gaucher patients. Their stories are inspired by those of real Gaucher patients.

Review our [Privacy Policy](#).