



A Lifeline for Patients  
Living with Gaucher Disease



December 2010

## Welcome to Gaucher Connection eNews

### Hello !

**Healthy living in body and mind promotes wellness and can help lay a stronger foundation for getting the most out of treatment. In this issue we discuss creating healthy habits, dealing with medical concerns, and the importance of emotional wellbeing.**

### Healthy Habits

By sticking consistently to your treatment routine, you're following the most important habit for managing your Gaucher and staying symptom-free. But maintaining your success also requires attention to your overall health, including:

- Eating a balanced diet with plenty of fresh, wholesome foods
- Getting enough sleep
- Not smoking
- Exercising regularly (following any precautions from your health care team)
- Keeping up with your Gaucher-specific monitoring tests as well as standard physical exams and screenings recommended for all people

### Medical Concerns

Despite your best efforts, once in awhile you may still catch a cold or the flu, just like anyone else. These shouldn't be cause for concern, and shouldn't keep you from your infusion appointments. However, it's always a good idea to check in with your doctor if you are sick, to make sure it's not related to your Gaucher – and especially before taking any kind of medication, even over-the-counter ones.

If you've only recently started treatment, or your doctor is still adjusting your dosage, it may take some time before you start feeling the full effects. Remember to pace yourself and not push beyond your current state of health. Your health care providers can recommend other options for managing your symptoms until you've achieved your treatment goals.

### Emotional Wellbeing

The effects of Gaucher are not just physical. Even when treatment is working successfully, it can be challenging to deal with a lifelong disease and the medical care it requires. Stay vigilant about any changes in your state of mind.

If you find yourself struggling emotionally, remember that there are many people and resources that can help. Seek out support from family and friends, your health care team, a counselor, or patient support group. Some people find mind-body practices such as yoga and meditation to be beneficial. What matters most is that you find what works for you.

## Take Action

Take some time to think about how you can optimize your health. Not eating quite right? Consult with a dietician about a better plan. Need more exercise? Talk to a physical therapist about the best activities for you. And, if you're having changes of mood, or feeling overwhelmed by treatment responsibilities, your health care providers can recommend resources to help bring these issues under control.

**Learn more about Managing Gaucher at the Gaucher Connection website. [Go >>](#)**

## Patient spotlight: Elizabeth

- 23-year-old schoolteacher
- Living with Gaucher
- Encourages her students to work toward their dreams
- Knows staying on therapy helps her achieve hers



**Read how Elizabeth gets closer to her goals through regular Gaucher treatments. [Go >>](#)**

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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.

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