



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're just not in the mood to get your infusion. But you know how important sticking to a steady treatment routine is to managing your Gaucher. Thinking ahead about factors that could get in the way will help you anticipate challenges—and get the most out of your treatment.

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, offices, 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

Thinking ahead is the theme of this issue. Take some time to review the lists above 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.

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

Consider Your Challenges

Which of these factors do you find pose the biggest challenges to keeping treatment consistent?

- Scheduling, planning, and organization
- Travel and other logistics
- Personal and family commitments
- Not being in the right mindset

Patient spotlight: Mark

- 40-year-old Businessman
- Living with Gaucher
- Works hard running his own firm
- Works with his doctor to manage his care



Read how Mark stays motivated and in control of his Gaucher. [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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