



GAUCHER
connection

A Lifeline for Patients
Living with Gaucher Disease



July 2011

Welcome to Gaucher Connection eNews

Hello!

Time away from home can pose a challenge to keeping Gaucher treatment consistent. Fortunately, with some effort and planning, it's possible to accommodate anyone's travel schedule. In this issue we offer a few tips for your trip and discuss how to overcome obstacles and plan ahead.

Overcoming the Obstacles

From hectic business trips to extended vacations, travel can pose obstacles to a successful treatment routine. Not only are you away from your regular infusion centre, but your schedule's been turned upside down, and you may be tired or jet-lagged - not in the mood to deal with treatment commitments.

But don't assume traveling means having to skip infusions. There are infusion centres and Gaucher specialists around the world that can accommodate your treatment needs. Being prepared and knowing what to plan for will help you stay steady on treatment—and healthy to enjoy every trip you take.

Planning Ahead for Travel

When travel lies ahead, some advance planning is important:

- For shorter trips, it's probably easiest to have your infusions before and after you're away, so talk to your health care team about scheduling them appropriately
- For longer trips (more than a few weeks), you'll need to arrange for treatment while you're away, so talk to your health care team about finding an infusion centre **as well as health care providers at your destination**
- If you're traveling to more remote areas, you may need to arrange infusions for when you're near population centres, like by the airport

In all cases, talk to your health care providers ahead of time about travel plans—they can help you figure out options and adjust your infusion schedule to accommodate your plans without compromising your health.

Tips for Your Trip

Here are some tips to help away-from-home infusions go more smoothly:

- Make sure to pack any medical paperwork or information from your home health care team that might be useful to health care workers at your destination
- Plan travel with enough time to handle all trip details, such as potential visa or customs issues or any special baggage you may need
- If you need an infusion during a business trip, let colleagues know in advance so they can plan around your schedule
- Pack books, music, or anything else to help you relax in an unfamiliar setting
- Get enough sleep and eat well on the road to minimize the health stresses of travel

Take Action

Set aside some time to look at your calendar for the upcoming months and review any travel plans. Then get on the phone with your health care team to start making arrangements as early as possible.

If you do end up missing an infusion because of last-minute travel needs, contact your health care providers immediately so you can make it up as soon as possible and avoid any negative effects on your health.

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

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 stays on track to achieve success with her 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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