



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 your treatment. In this issue we have some tips for managing your wellbeing in all areas from health to medical and emotional.

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 of fresh, wholesome foods
- Getting enough sleep
- Not smoking
- Exercising regularly (following any precautions from your doctor)
- Keeping up with Gaucher-specific monitoring tests as well as standard physical exams and screenings

Medical Concerns

Despite your best efforts, once in awhile you'll probably still catch a cold or the flu, like anyone else. These shouldn't be anything to worry about or keep you from your infusion appointments. But it's best to talk to your doctor first if you're sick, just 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 infusions, or your dosage is still being adjusted, it may take some time for you to start feeling the full effects. Just remember to pace yourself, and not push beyond your current state of health. Your health care providers can recommend options for managing symptoms until your treatment goals are achieved.

Emotional Wellbeing

The affects of Gaucher are not only physical. Even when treatment is working well, it's not always easy to deal with the challenges of 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 there are many people and resources that can help. Get support from family and friends, your health care team, a counselor, or patient support group. Some find mind-body practices, like yoga and meditation, beneficial. What matters most is finding 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 your health care team or a physical therapist about the best activities for you.

Don't forget about mental wellness either. 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: Michael

- 40-year-old architect
- Living with Gaucher
- Has the energy to keep up with his son
- Maintains his success by keeping up with treatment



Read how Michael makes sure he gets the treatment he needs. [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.