



Welcome to Gaucher Connection eNews

Hello

Thank you for signing up for Gaucher Connection eNews, the monthly newsletter designed to help keep you up-to-date and on track with Gaucher disease treatment and management.

Maybe your schedule's gotten really busy lately. Or you sometimes find yourself 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 disease. In this issue we have tips for thinking ahead about factors that could get in the way of treatment, to help you anticipate challenges and get the most out of your therapy. We also check in with Julia to see how she fits treatments into her busy life as a teacher and mom.

Organization and Planning

Staying organized is critical to getting consistent therapy. You could try:

- Establishing a personal system, like an appointment book or digital planner
- Scheduling infusions and doctor appointments at consistent, convenient times makes them easier to remember – and stick to
- Preparing things you can do to pass the time during infusions
- Having back-up plans to help you cope with any last-minute obstacles

Physical Routine Changes

Any of the changes below have the potential to disrupt your treatment routine. 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. 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. Be prepared for:

- Motivating yourself when you're just not in the mood
- Setting goals 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 email. You may want to print out these lists and take some time to review them to see if any apply to your situation. Mark any issues that are relevant, for now or in the future. You can 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 >>](#)

What Are Your Challenges?

Which factors tend to challenge you the most in keeping your treatments consistent?

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

Patient spotlight: Julia

- 35-year-old Algebra Teacher
- Mother
- Committed to treatment since high school



Read Julia's story about [how she fits treatment into her busy life](#). [Go >>](#)

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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