

## Welcome to Gaucher Connection eNews

### Hello!

Nothing's better than feeling healthy enough not to worry about Gaucher disease. But it's still important to stay aware of signs that might need to be checked by a health care provider. In this issue we look at how to personalize your treatments to ensure they're optimum for your current needs, including knowing the signs of changes in your Gaucher and tracking your symptoms.

### Personalizing Therapy

Your body changes over time—and for many people, so does their Gaucher disease. It may start to progress faster or slower or affect different parts of the body than before. That's why to maximize your health your treatment plan must stay personalized to your current status.

If symptoms start to "break through" in spite of treatment, you may just need an adjustment to your dosage. Only your doctor can decide what's necessary. But it's your responsibility to keep them informed of any changes to your health. Remember, treating symptoms early is important to help prevent them from becoming more serious.

### Knowing the Signs

You already know the most common symptoms of Gaucher disease: anemia, enlarged spleen and/or liver, bone disease. So just keep in mind how they may affect your body:

- Feeling more tired than usual
- Loss of appetite
- Developing bruises easily
- Pain in bones or joints

If you've been healthy and symptom-free for awhile, you can easily forget what your Gaucher can do. You may think you're tired because you recently had a cold or a busy week. You might dismiss aches and pains as signs of getting older. But only your doctor can determine for sure what's behind your symptoms. So be alert to these signs and make a habit of notifying your health care team of any changes in your health.

### Tracking Symptoms

New Symptoms	Recurring Symptoms		Notes
	Before Date before?	Worse Date before?	
Bone Pain			
Fatigue			
Abdominal Swelling			
Braking			
Dick & Appetite			
General Attitude			

Using a symptom-tracking form like [this one](#) can help you stay aware of changes in your body and health—so you remember to report them to your health care providers.

You don't need to wait until your next appointment—especially if it's months away. Call your health care providers any time you have concerns you want to discuss. They will let you know if further testing and evaluation are needed.

### Take Action

Don't hesitate to call your health care providers any time you have concerns about changes to your health. To help you document issues you may want to discuss, print a few copies of this email so you can fill in the symptom-tracking form when you need it.

Learn more about the most common symptoms at the Gaucher Connection website. [Go >>](#)

### Patient spotlight: Elizabeth

- 23-year-old schoolteacher
- Living with Gaucher
- Confident at the head of the classroom
- Comfortable discussing her condition



Read how Elizabeth maintains open communication about 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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