

# Staying well with Gaucher Disease Type 1

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Information for patients with Type 1 Gaucher disease  
who have been prescribed Cerdelga®

Staying Well with Gaucher Disease Type 1

# Your Health Comes First

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▼ This medicine is subject to additional monitoring. This will allow for quick identification of new safety information. You can help by reporting any side effects you may experience. If you get any side effects talk to your doctor, pharmacist or nurse. This includes any possible side effects not listed in the package leaflet. You can also report side effects directly via the Yellow Card Scheme at [www.mhra.gov.uk/yellowcard](http://www.mhra.gov.uk/yellowcard).

## Your health comes first

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**Anyone who's ever had a long-term illness knows just how important good health can be – in every sphere of life.**

Struggling with illness or injury can have an effect on work, studying, relationships, mental health and social life, so when you're doing well, it's time to feel good about how far you've come, but also make a commitment to keep on doing healthy things for yourself. It's not selfish to prioritise your health.

## When good intentions become derailed

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Life has a habit of throwing unexpected obstacles in your path. While you can take responsibility for much of your health and fitness, sometimes things get in the way. Sudden illness or injury can strike, and there can be stressful experiences like moving house or changing jobs – and when these things happen it's tempting to fall back on comforting but unhealthy habits.

**There are a few strategies you could use to help you stay on track. For example:**

- ▶ **Try to keep to as normal a routine as possible.** Sticking to your usual schedule can help you feel more in control of your life even when circumstances are chaotic
- ▶ **Stay connected with the people around you.** Maintaining a strong social support network can act as a buffer against stress
- ▶ **Make time for things that you enjoy, whatever that may be.** Laughing is great for stress relief, as is taking time to indulge your own interests
- ▶ **Remember the good work you've already done in establishing a healthy lifestyle.** Taking care of yourself physically and mentally, even through difficult times, can help you feel more empowered and able to deal with whatever life throws at you



