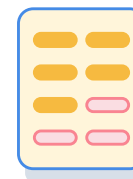


Keeping on top of treatment

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

Keeping on top of treatment



▼ 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 July 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.

Remembering and establishing new routines

Do you sometimes notice you can't remember to do those everyday things?

If you are worried about forgetting your treatment or need some help in remembering, use these simple tips to boost your memory:

- ▶ Use your phone to **set a daily reminder** - remember to include a message that has meaning for you
- ▶ Spend a moment writing down what the **pros and cons** of taking your treatment are - this can help you identify why you want to take it as well as any concerns you might need to address. You can also refer back to the treatment goals you have written in this booklet
- ▶ Remember that we are **more likely to forget things** that we don't want to remember- try and work out why this might be to help find a solution
- ▶ **Practice makes perfect**- the more you set up a good routine the easier it will become to remember your medication

- ▶ **Put a reminder** somewhere useful- on the fridge, in the bathroom or close to where you keep your medication
- ▶ Ask someone you live with, or a close friend, to **help you remember**
- ▶ **Use pictures** - we can get tired of the same old words so put a picture up that motivates you to remember
- ▶ Remember **we tend to forget** when we are tired, stressed, or thinking about other things- time to invest in looking after you a bit more!

Long-term planning

With any new treatment we tend to focus on the here and now. Sometimes we find that as time goes on we have new challenges that appear that we need to address. These can mean you find it more difficult to take your treatment or connect with your healthcare team. To help you get back on track we have some useful steps for you to use.

Next time you find yourself feeling a bit tired about treatment, spend a moment to consider why this might be.

- ▶ *Is there something else going on in your life that may be a distraction, or where you need to focus your energy?*
 - ▶ *Do you need to make some changes to when you take your medication?*
 - ▶ *Take some time out to refocus on what your new life goals are in relation to managing your Gaucher Disease type 1. These may be goals around work or family that you are not able to aim for.*
 - ▶ *It is quite normal for patients to feel they have fallen off the track with managing their condition. Try to focus on what you have been doing well and any new changes you might need to put in place.*
- ▶ *If you think it would help to talk to someone in a similar position to you, why not contact a patient association who can give you advice and support.*
 - ▶ *Finally remember that it is important to keep on taking your treatment long-term to get the most out of it.*

[illegible][illegible]



