

# Familial Chylomicronemia Syndrome

## MAKING THE MOST OF YOUR DAY

### **Shift your focus from what is uncertain to what is certain.**

You may want to ask yourself: “What does my body need today?” Choose one important or realistic priority and build in other priorities as necessary. FCS may reduce your energy, so thoughtful planning can protect you.

### **Simple explanations are enough.**

You are not obligated to educate everyone nor are you obligated to explain your situation when you are not comfortable. Bringing safe food, declining certain events, or even leaving early from events are forms of self-care, not inconveniences. Protecting your energy is a part of managing FCS.

## **Everyday Wellness with FCS:** *Simple Tips for a Healthier You*

Food often represents connection and comfort, so dietary limitations may feel like a loss. It is okay to acknowledge that it feels that way. **Planning ahead and keeping reliable, safe meals and/or snacks available can reduce stress and decision fatigue.**

Think of energy as a limited currency. Schedule demanding tasks earlier in the day when possible. Avoid stacking high-effort activities for one time of the day. Allow for enough recovery time after appointments or events. **Resting your body is prevention and also a form of self-care.**

*This project was supported by Arrowhead Pharmaceuticals and Ionis Pharmaceuticals.  
This guide was developed by Albert Freedman, Ph.D.*