

Life-Event Planning Guide

Because FCS doesn't pause for major life changes

Pregnancy & Family Planning

- » Pregnancy requires early and ongoing coordination with specialists
- » Triglyceride levels may rise during pregnancy
- » Preconception counseling is strongly recommended

ACTION STEPS

- » Discuss pregnancy plans early with your care team
- » Ask about medication safety and monitoring frequency
- » Involve a high-risk OB and lipid specialist when possible

Aging With FCS

- » As patients age, priorities may shift.

CONSIDERATIONS

- » Changing metabolism and energy needs
- » Increased focus on cardiovascular and overall health
- » Medication adjustments over time

HELPFUL ACTIONS

- » Revisit care plans regularly
- » Discuss quality of life, not just lab values
- » Plan for long-term care and support needs early

The Role of Genetic Counselors

- » Genetic counselors are a key—but often underused—resource.

THEY CAN HELP WITH:

- » Understanding inheritance patterns
- » Family planning decisions
- » Testing and education for relatives
- » Emotional support around genetic risk

WHEN TO CONSIDER GENETIC COUNSELING

- » At diagnosis
- » Before pregnancy
- » When family members have questions or symptoms