

# What FCS Caregivers Need to Know

## Recognizing Symptoms & Acute Events

Familial Chylomicronemia Syndrome (FCS) can cause ongoing symptoms and sudden medical emergencies. Knowing the difference is critical.

### Common Symptoms

- Abdominal discomfort or pain
- Nausea, bloating
- Fatigue or low energy
- Brain fog or trouble concentrating
- Feeling unwell after eating

*These symptoms should be monitored but are not always emergencies.*

*FCS affects everyone differently.*

*Notice something new or concerning?*

*Contact your provider right away.*

### Warning Signs of an Acute Event

- Sudden, severe abdominal pain
- Pain radiating to the back
- Persistent or uncontrollable vomiting
- Fever or chills
- Rapid heartbeat
- Pain that worsens after eating

*If symptoms feel different, stronger, or escalate quickly—act.*

### When to Seek Immediate Care

- Pain is severe or worsening
- Vomiting prevents hydration or medication use
- Symptoms do not improve
- The person says, "This feels like pancreatitis."

*Do not delay care.*

Caring for someone with FCS often means helping coordinate complex medical care.

### How Caregivers Can Help

- Trust the patient's experience—FCS pain is often underestimated
- Keep emergency medical information accessible
- Advocate clearly for FCS-informed care
- Act early—waiting can increase risk

### Key Caregiver Responsibilities

- Supporting strict dietary plans and medication schedules
- Tracking symptoms and health changes
- Managing appointments, labs, and follow-ups
- Keeping emergency medical information accessible

### Healthcare Coordination

- Be prepared to explain FCS to unfamiliar providers
- Bring a brief medical summary to appointments and ER visits
- Speak up if care feels delayed or incomplete

### Insurance & Organization

- Track insurance approvals and renewals
- Keep medical documents in one place
- Use calendars or reminders to stay organized

### Preventing Caregiver Burnout

Caring for someone with FCS can be emotionally and physically demanding. Burnout is common—and preventable.

#### Signs of Caregiver Burnout

- Constant exhaustion or sleep problems
- Irritability, anxiety, or feeling overwhelmed
- Feeling numb, resentful, or guilty
- Neglecting your own health or needs

*These are warning signs—not personal failures.*

#### Tools to Manage & Prevent Burnout

- Set realistic boundaries—you cannot do everything alone
- Schedule regular breaks and personal time
- Ask for help from family, friends, or professionals
- Connect with rare disease or FCS caregiver communities
- Talk openly with healthcare providers about caregiver strain