

# FABRY FORWARD

A newsletter to help keep the Fabry community informed, connected, and involved.

## What to do before your next appointment

Whether your next appointment is in person or on screen, it's important to prepare so you can get the most out of your time with your doctor. Recently, virtual doctor visits have been gaining popularity. These phone and video appointments can be just as valuable as face-to-face visits—as long as you take the time to plan. **Below are a few tips to set you up for success.**



### Set your priorities

You may have a limited amount of time with your doctor, so make sure you are clear about the purpose of your appointment. Write down 3 to 4 things you'd like to discuss, in the order you'd like to discuss them (for example, 1. Specific symptoms; 2. Test results; 3. Medication). This will help ensure that you address the issues that are most important to you.



### Need help?

To help organize your thoughts, we created an interactive discussion guide you can use during your appointment. Go to [fabrydiscussiondriver.com](https://fabrydiscussiondriver.com) to customize yours.



### Be prepared

Be sure you have up-to-date information you can reference during your appointment. It can be helpful to keep all your monitoring and testing notes in one place. And make sure to talk to your doctor about specific recommendations for testing and monitoring, as they may vary.



### Need a tracker?

This guide can help you stay up to date on the tests and assessments that are used to monitor your disease. Download it at [AmicusAssist.com](https://AmicusAssist.com) under *Support & Resources*.



## Get your tech squared away

If you'll be using an online platform to meet with your doctor, there are a few additional things you can do to ensure your appointment goes smoothly.

### Check your connection

- Be sure you have an internet connection of at least 5 Mbps if your appointment is over video. If you aren't sure, go to [speedtest.net](https://www.speedtest.net) to check your speed.
- Wired ethernet allows for the best connection, so you may want to plug in if you can.
- If you'll be using WiFi, the signal should be at or close to 100%. Try sitting close to your router for a stronger connection.

### Get the setting right

- Try to move to a quiet room where you won't be disturbed during your appointment.
- Decide whether or not you'll use headphones for your call.
- If your visit is over video, consider the lighting. A well-lit room will make it easier for your doctor to see you, and any physical symptoms you may want to discuss.

### Ensure a seamless experience

- If your doctor's office sent you a meeting link, be sure you have that handy before your appointment.
- Make sure your internet browser is up to date and can run the software they're using.
- Ask your doctor's office if you can do a test run on their platform prior to your appointment to make sure your video and audio work.
- Close all other applications before you begin.



## Case Manager Spotlight

**Name:** Martina Lochan

**Years at Amicus:** 1 year and 10 months

**Favorite Hobby:** Hiking

**What motivates her to work with patients:** I know what it's like to have someone close to you be diagnosed with something very complex and not have the resources they need to understand their disease. Being able to help patients, give them information, and be that support keeps me motivated every day.

Stay connected with Amicus Assist™ and learn more about the services your case manager provides.

1-833-AMICUS-A (1-833-264-2872)

Monday-Friday | 8AM-8PM ET

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