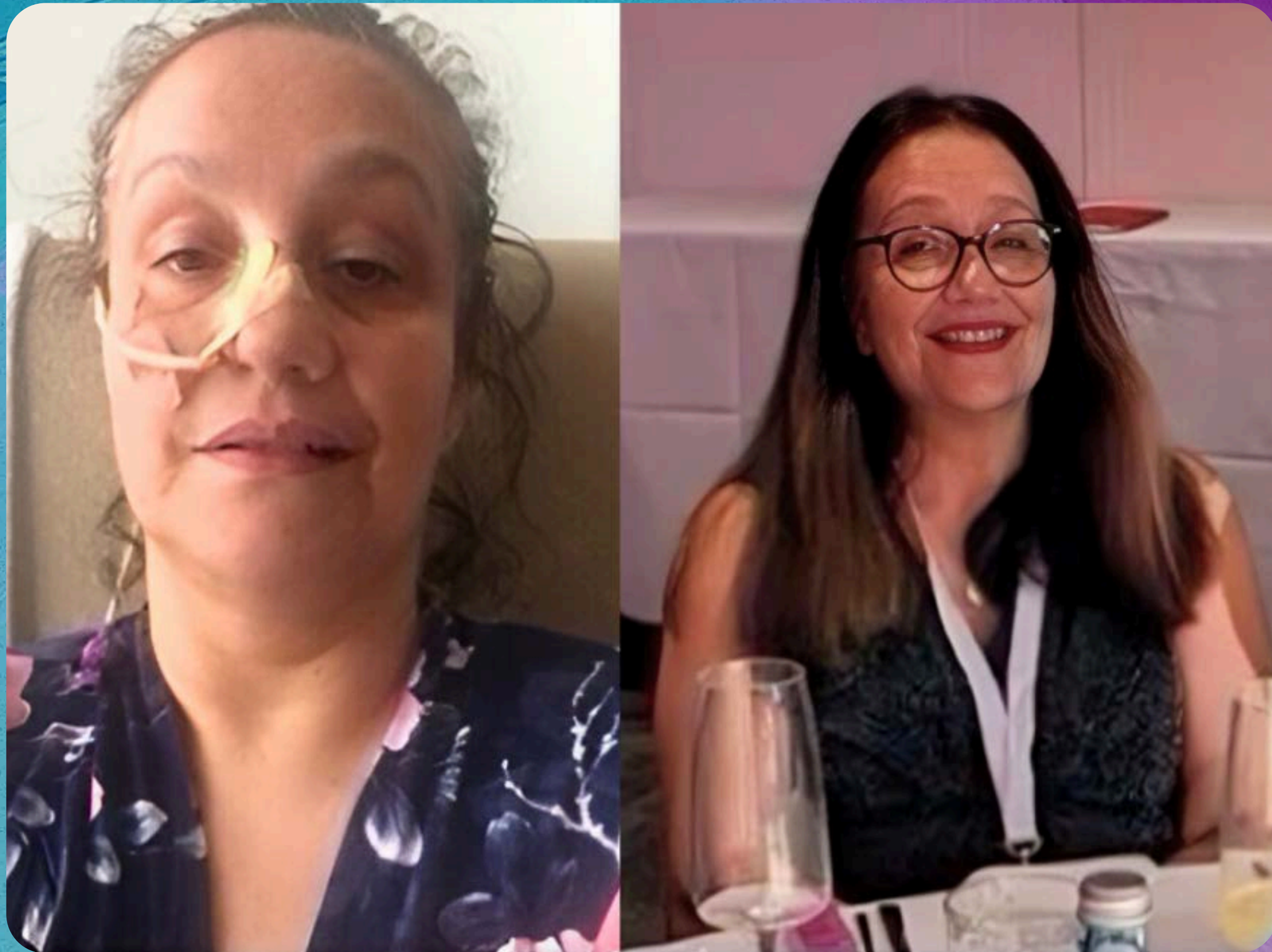


**#RARE
DISEASE
DAY**

**MORE THAN
YOU CAN IMAGINE**

**FEB 28
2025**



**Helga Davidson from the UK,
living with Familial Chylomicronaemia
Syndrome (FCS).**

*I may have a rare disease,
but I believe I am still capable of doing
more than I can imagine.
I just have to do it differently.*

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More than you could imagine....getting ill, the fear of being diagnosed with a rare disease. Familial Chylomicronaemia Syndrome, FCS a genetic disease that presents as elevated triglycerides in the blood and can cause life endangering acute pancreatitis, abdominal pain, brain fog and fatigue.

Changing my lifestyle for the healthiest version of myself, eating between 10-20g of fat a day, regular exercise, and abstaining from alcohol because it was the only 'viable treatment' when I was diagnosed.

FCS can cause social anxiety in situations involving food. Eating out is difficult, there is rarely menu items that I can have. Even going to friends homes I usually have my 'take away' box with me to be plated up. Bad mental health days and low moods is apart of my life with a rare lipid condition.

Contacting patients groups like Action FCS and FH Europe Foundation was a lifeline. It put me in direct contact with other FCS patients, and knowing others had similar experiences took away a lot of the fear and isolation of living with a rare disease. These groups do vital work in the rare disease community. I am forever grateful that they exist.

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But, more than I can imagine, adapting, thriving and trying to live my best life. My rare disease does affect my quality of life, but I am worthy of investing in myself to try and limit the negative impact. That might include getting out in nature with my dog, going for a coffee with friends, no cake for me!

I may have a rare disease but I believe I am still capable of doing more than I can imagine. I just have to do it differently.