

**#RARE
DISEASE
DAY**

**MORE THAN
YOU CAN IMAGINE**

**FEB 28
2025**



**Margot de Vaan from The Netherlands,
living with Familial Chylomicronaemia
Syndrome (FCS).**

*You can't always get what you want;
But if you try sometimes, you just might find
You get what you need.
(Rolling Stones)*

**#RARE
DISEASE
DAY**

MORE THAN YOU CAN IMAGINE

**FEB 28
2025**

My name is Margot de Vaan, I'm 59 years old and I live in the Netherlands.

I love traveling, getting to know new cultures, expanding my world with other customs, music, art and nature.

Eating out is a perfect way to get to know a country and its inhabitants well, and a very pleasant one at that.

Giving in to eating temptation is no longer possible since I was diagnosed with FCS at the age of 44. Strolling through villages and towns for delicious tapas or that one sandwich that stares at you so seductively at that traditional French bakery is no longer possible. When it is hot, only ice water is possible. Spontaneous optimal holiday enjoyments are no longer an option. Sometimes with very hard searching it still (partially) succeeds. And that is sometimes quite difficult.