

**#RARE
DISEASE
DAY**

**MORE THAN
YOU CAN IMAGINE**

**FEB 28
2025**



**Athanasios Pallidis from Greece,
living with Homozygous Familial
Hypercholesterolaemia (HoFH).**

One could assume this photo was captured during an unfortunate visit to the hospital, and that's it! But I've been there more times than you can imagine, and more times than I can remember.

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As I was thinking about the importance of the rare disease day and how LDL-apheresis (because of HoFH) affected my everyday life for 19 years, I realised I have nothing but this one photo that 'tells' about it. There was nothing noteworthy to remember, but I'm glad I kept this one as a little reminder of how it used to be. In fact, not even this photo gives much away if one does not pay attention to the machine behind me, on the right. Even then, one could assume this photo was captured during an unfortunate visit to the hospital, and that's it! But I've been there more times than you can imagine, and more times than I can remember.

My stomach felt like it was filled with stones on the inside - more than you can imagine. I've been on this routine more than I thought I'd be able to, and definitely more than I'd like to. But looking back at this photo, I see teenage me that doesn't know what I know. It was these perpetual visits at the hospital that keep me in good health today. If it wasn't for my early diagnosis and the necessary evil behind the reality of this photo, it wouldn't be like this.

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It's mental to think of how many tools are out there to treat FH today, yet there are still so many FH and HoFH patients having a worse experience than me, because they weren't diagnosed soon enough. Think of how many people would have a better quality of life if they could just be aware of their condition. They're more than you can imagine, and probably more than I can imagine, too.