

Staying out of the hospital

With amyotrophic lateral sclerosis (ALS), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with ALS, infections like pneumonia can occur. Lung infections can lead to trouble breathing, hospital stays, and even death if not treated. If you are choking when chewing and swallowing food, talk to your doctor. It may be time to think about getting a feeding tube. This will help to prevent infections. Social distance from those who are sick and wash your hands often. Also, clean medical equipment, such as a BiPAP, before use.

Injury from falls is also a risk. As ALS gets worse, muscles weaken and walking becomes harder. You may have trouble getting around on your own. Muscle cramps and spasms can also cause falls. Ask your doctor about walking aids like canes, walkers, and wheelchairs. These aids can keep you safe and mobile for longer.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

Still have questions? Reach out to your program nurse!

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Staying out of the hospital

With chronic inflammatory demyelinating polyneuropathy (CIDP), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with CIDP, getting hurt from falls can put you at risk for a hospital visit. CIDP can change how you feel and move. Your limbs may feel weak, the way you walk might change, your hands and feet may go numb. Any of these can lead to falls and injury.

Try to stay active physically. Talk to your doctor about how much activity is best for you. Physical therapy may be helpful for training on how to best use assistive devices safely.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

Still have questions? Reach out to your program nurse! Your nurse can help you find ways to make your home safer and avoid falls.

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With cystic fibrosis (CF), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your care team about risk factors you may have for hospitalization. You and your doctor can talk about treatment options and any extra steps you could take to stay out of the hospital.

For people with CF, infections can be a big challenge. Infections can be caused by germs like viruses and bacteria. Some infections may be mild, but others can be more serious. If you have an infection, you may have trouble breathing or chest pains. You may need to take antibiotics to treat the infections. If severe, this may require you to go to the hospital.

To reduce infections, visit your CF providers regularly and stay on top of your medicines. Be sure to wash your hands often to help reduce infections. You can also stay healthy by doing your breathing treatments. Take your digestive enzymes and ask your providers about getting a regular check for diabetes.

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- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
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Gaucher: signs and symptoms to watch for

You already see your doctor on a regular basis for your Gaucher disease. But what happens in between your visits? Staying healthy starts with listening to your body. Know how Gaucher affects you to better understand what your body is telling you. Gaucher symptoms can vary from person to person.

So, what are some common signs you should watch for?

- Pain or swelling in your belly area
- Loss of hunger
- Easy bruising
- Feeling tired (fatigue)
- Bleeding issues
- Bone or joint pain

You may have some or all of these issues now. Most symptoms are managed with ERT (enzyme replacement therapy) or SRT (substrate reduction therapy). So, let your doctor know if you're having symptoms. This means that you may not be getting the right enzyme dose. Or you might need more infusions. Pay attention to how you feel and don't miss any infusions. Talk with your doctor if you start to have symptoms. If they aren't treated, Gaucher can damage your bones and organs.

It's also important to write down your Gaucher symptoms. Health changes can be your body's way of telling you that something is going on. One of the best ways to track your health is with a journal or notebook. You can also use a notes app on your computer or phone. Start with these questions. When did your symptoms start? How long did they last? How often did they happen? Did they get worse or better? Did they keep you from your usual activities? Write all this down. Be sure to share your notes with your doctor. This will help your doctor find and treat problems early.

Need help tracking your health? Reach out to your program nurse today.

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With hemophilia, staying out of the hospital can be a challenge. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

People with hemophilia are at high risk for joint damage from bleeds. Bleeds put pressure on joints, causing pain. Over time, this can lead to arthritis and joint damage. Signs of bleeds include warm joints, swelling, stiffness, tingling, pain, and loss of motion. Signs of bleeds in children are limping, refusing to walk, or acting upset.

Catching bleeds early can prevent both joint damage and hospital visits. If you do have a bleed, treat it with factor as soon as you can. Also, make good choices to prevent bleeds. Avoid risks like contact sports. Tell your other healthcare providers, especially dentists, about your hemophilia.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

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Staying out of the hospital

With lupus, staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with lupus, having a flare is a top concern. Signs of a flare are that you feel worse than usual. Your joints may get stiff or swell and you feel very tired. Flares can last for days, or even weeks. These symptoms can then send you to the hospital. It's important to know your flare triggers. Flares can be caused by stress, lack of sleep, infections, or an injury. Exposure to ultraviolet (UV) light from the sun or certain types of indoor lighting can lead to flares.

To help avoid flares, make sure to get enough rest and try to avoid stress. Wash your hands often to help prevent infections. Try to exercise regularly. Stay out of the sun. Eat the right foods to maintain a healthy weight and reduce risk of heart problems.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Take your hydroxychloroquine or other medicines exactly as directed. Talk to your doctor before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** With lupus, it's important to be screened regularly for kidney problems. If you take steroids, you're at higher risk for osteoporosis. Ask your doctor about bone density screening. Also have your eyes checked often.

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Staying out of the hospital

With multiple sclerosis (MS), it is important to stay out of the hospital. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

With MS, there are times when symptoms get worse or you have new symptoms. New symptoms are known as flares. It's vital to get flares under control fast to avoid going to the hospital. Your doctor can help you find out what triggers your flares. For example, maybe you get too hot when exercising. Here are some tips to try to have as few flares as you can:

- Take your MS medicines as prescribed.
- Reduce stress in your life. Rest when you feel tired. Get enough sleep.
- Do not smoke/vape or use tobacco products.
- Stay as physically active as you can.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Take your medicines as directed to keep your MS and any other health issues under control. Stay up to date on vaccines.
- **Don't ignore problems.** Keep track of symptoms. Know signs of infections, especially in your urinary tract or lungs. Report these to your doctor right away.
- **Keep your appointments.** With MS, you'll need a medical team for different needs. At times, you'll need an MRI to check your brain and spinal cord. If you take steroids, you should be screened for osteoporosis. Centers for Comprehensive MS Care are facilities that can coordinate your care. They have doctors who are experts in treating MS. Visit nationalmssociety.org and search for "Find Doctors & Resources."

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Staying out of the hospital

With myasthenia gravis (MG), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. The first step to avoid a hospital visit is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

With MG, it's important to stay alert to changes in your body. At times, your symptoms may occur more often or get worse. These "flares" may vary from person to person. Tell your doctor if your MG symptoms change or get worse. Your doctor can take action to help prevent a flare from becoming an MG crisis.

An MG crisis is a severe life-threatening emergency. With this, breathing problems are a top concern. MG crisis may develop after days to weeks of worsening symptoms. Infections can cause an MG crisis. That's why it's vital to stay current on vaccines. Certain drugs can also cause a crisis. The MG Foundation of America (MGFA) offers an emergency alert card with a list of drugs to avoid. Go to myasthenia.org and search for "Emergency Alert Card." This card also has space to record your emergency contacts, medicines, and tips for dealing with a crisis.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Take your medicines exactly as directed to keep your MG and any other health issues under control.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip visits with your MG doctor, even if you are feeling well. This is your time to ask questions and learn more about MG.

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There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with myositis, getting hurt from falls can put you at risk for a hospital visit. Myositis can change how you move, your limbs may feel weak, your muscles may get sore and tired. Any of these can lead to falls and injury.

Try to stay active physically. Talk to your doctor about how much physical activity is best for you. Your doctor might suggest you consult with a physical therapist or rehab specialist. They can work with you on an exercise program to help you strengthen your muscles properly. They can also train you on the correct ways to use assistive devices and other ways to reduce your risk of falls.

Here are some other tips for staying out of the hospital:

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Staying out of the hospital

With Parkinson's disease (PD), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

With PD, levodopa wearing-off is one of the top concerns. Wearing-off happens when your medicine doesn't last as long as it used to. Once wearing-off starts, symptoms can come back—sometimes worse than before. This may include tremors, weakness, problems walking, and changes in mood. It may occur if you've taken levodopa for three years or more. If this happens tell your doctor right away. Your medicine may need to be changed. Wearing-off can lead to falls and injury. This can result in a hospital visit.

Certain medications should not be taken by people with PD. Parkinson's Foundation offers a free emergency alert card that lists these medicines. It can be ordered online at [parkinson.org](https://www.parkinson.org). You can carry this card in your wallet in case of an emergency.

Here are some other common-sense tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can keep you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

Still have questions? Reach out to your program nurse! Your nurse can help you find ways to make your home safer and avoid falls.

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Staying out of the hospital

With rheumatoid arthritis (RA), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. Take your medicines and talk with your doctor about any risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with RA, flares can be a big concern. There may be times when your RA symptoms are milder and times when your symptoms get worse. These are called flares. During a flare your joints may swell, and you may feel tired. This can last days or weeks.

There are many things that can trigger a flare. Stress, lack of sleep, and infections can all trigger flares. If you have a flare, be sure to get rest and take it easy until you feel better. You can also talk with your providers about how to create an exercise and eating plan to keep you healthy. These changes can help you manage your RA symptoms.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

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Staying out of the hospital

With scleroderma, it is important to stay out of the hospital. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

Scleroderma can lead to damage in many body parts. Proper medical treatment can help you avoid going to the hospital. The right medicines can help lower inflammation and pain. They can soothe your stomach if you have heartburn and increase healing of ulcers. Exercise helps your muscles work better to move food through the intestines.

Work with your doctor to be as healthy as you can. Learn about scleroderma so you can make informed decisions. Check your blood pressure often; report any spikes to your doctor right away. Stay current on vaccines, including COVID-19, to avoid infections. Take control of your fitness. Work to keep muscles strong and flexible, but balance exercise with rest. Take note of what makes your symptoms worse.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Take your medicines as prescribed. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help keep you healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

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Staying out of the hospital

With sickle cell disease, it is important to stay out of the hospital. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

People with sickle cell are at high risk for pain crisis. Pain crisis happens when sickled red blood cells clump together and block blood flow through vessels. Symptoms include sharp pain, aching, and high heart rate. You may also feel dizzy, short of breath, fatigued (feeling tired), or weak. Common causes are hard exercise, dehydration, stress, temperature or altitude changes, and infection.

You can take steps to treat and prevent pain crisis. Taking your medicines for sickle cell is a very important step. Ask your doctor to help you make an action plan for managing pain. You can also work with a sickle cell Center of Excellence (COE) on an action plan. Then make sure to stick to your overall treatment plan. To keep from getting sick, wash your hands and social distance from those who are ill. Also, stay hydrated (drink enough water) and dress warmly if needed to avoid getting too cold.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

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Staying out of the hospital

With epilepsy, staying out of the hospital can be a challenge. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

Uncontrolled seizures raise your risk for injury and can put you in the hospital. Uncontrolled seizures can result in falls, broken bones and burns. The first goal of treatment is to control and prevent seizures. So, be sure to stick to your treatment plan. This gives you the best chance to control seizures. Try calendars and phone apps to remind you to take your medicine.

If you do not feel your treatment is working, tell your doctor. Your doctor may adjust your medicine dosage. Or they may add a medicine or add a non-drug treatment to control seizures. Also, keep track of seizure triggers to avoid them. Common triggers include poor sleep, stress, and infection. Good sleep, meditation, exercise, healthy eating, and avoiding excess alcohol can help control seizures.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health. Do you have issues traveling to your appointments? Ask whether a telehealth visit could work instead.

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Staying out of the hospital

With Crohn's disease, staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Taking your medicines for your Crohn's is an important step. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with Crohn's, flares can be a big concern. There may be times when your Crohn's symptoms are milder and times when they get worse. These are called flares. During a flare you may feel stomach pain, joint aches, or have diarrhea. Flares can be caused by smoking, stress, infection, or missing doses of your medicines.

You can manage flares by taking your medicines as prescribed. Talk to your doctor if your symptoms get worse. They may ask to see you more often during a flare. Your doctor may also adjust your treatment. Be sure to ask about any tests that you may need. Try to exercise regularly and eat the right foods to maintain a healthy weight.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

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Staying out of the hospital

With ulcerative colitis (UC), staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with UC, flares can be a big concern. There may be times when your UC symptoms are milder and times when they get worse. These are called flares. During a flare you may feel stomach pain, joint aches, or have diarrhea. Flares can be caused by stress, infection, or missing doses of your medicines.

You can prevent flares and stay in remission by taking your medicines as prescribed. Talk to your doctor if your symptoms get worse. They may ask to see you more often during a flare. Your doctor may also adjust your treatment. Be sure to ask about any tests that you may need. Try to exercise regularly and eat the right foods to maintain a healthy weight.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

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Staying out of the hospital

With HIV, staying out of the hospital is important. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people living with HIV, it can be hard to stay on top of taking your medicines. Staying consistent with your ART (antiretroviral therapy) is important. It keeps you healthy and helps your body to fight off infections. Talk to your providers if you have any issues with getting access to medicines or taking them as prescribed.

You can also stay healthy by washing your hands often to help prevent infections. Try to exercise regularly and eat the right foods to maintain a healthy weight.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can help you stay healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.
- **Stay up to date on vaccines.** Vaccines are a key component of staying healthy. Talk with your provider and make sure you are current on vaccines for influenza, COVID-19, and pneumonia.

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Staying out of the hospital

With hereditary angioedema (HAE), it is important to stay out of the hospital if you can. We all get sick. Sometimes a hospital visit is the best way to get better. Also, no two people are the same. Different health issues need different care. No matter what, the goal should be to stay as well as you can.

There are many things that can put you at risk for a hospital visit. Knowing what to do to stay healthy can make a difference. The first step is talking with your doctor about risk factors that could send you to the hospital. You and your doctor can talk about treatment options and any extra care you may need.

For people with HAE, acute swelling attacks are a common cause for hospital visits. Attacks can be hard to control. You may need on-demand medication along with prophylactics. Swelling around the face, neck, or throat can be dangerous, but treating attacks quickly can keep them from getting too bad. This means learning when to self-treat is important. Talk to your doctor about when and how to treat with on-demand medication.

What else can you do to control attacks? Keep your medicine in stock. Regularly visit an HAE Center of Excellence (COE). Keep a tracking log of attacks to learn what triggers to avoid. For women, talk with your HAE doctor about contraception (birth control) and avoid medicines that are ACE inhibitors.

Here are some other tips for staying out of the hospital:

- **Stick to your treatment plan.** Maybe you are having side-effects. Maybe you forgot to refill your prescription, or your pharmacy is out of stock. Don't go off your treatment plan. Talk to your doctor or pharmacist before making changes.
- **Don't ignore problems.** Have you noticed any new or returning symptoms? Tell your doctor right away. Dealing with problems early can keep you healthy.
- **Keep your appointments.** Don't skip doctor visits, even if you are feeling well. This is your time to ask questions and learn more about your own health.

Still have questions? Reach out to your program nurse!

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