

## Reduce your fall risk

Do you often trip over things around your home? Do you worry about steep stairs or slipping in the shower? With amyotrophic lateral sclerosis (ALS), falls are more common due to weak ankle muscles (foot drop) or weakness picking up a leg. A spastic (stiff) gait can also cause you to trip and make it harder to catch yourself.

Falls are also more common in cold and icy weather. Use the tips below to stay safe.

- If you have a walker or cane, remember to use it correctly.
- Use night lights in hallways, bedrooms, and bathrooms.
- Add support rails next to beds, tables, bathtubs, and toilets.
- Use a raised toilet seat so you don't have to lower yourself as much.
- Use a chair or bench in the shower. This can stop slips when you bathe.
- Ask your doctor if stairs or ramps are better for you. Ramps help with a walker or wheelchair.
- Add pull-out or pull-down shelves in cabinets to make items easier to reach.
- If you can, park in a garage to avoid icy walkways and driveways.

## Winter home safety

Winter is a dangerous time. Take steps to prepare your home inside and out.

If you use a fireplace or wood stove, make sure they vent well. Have your fireplace chimney inspected and cleaned each year if you use it often. Electric space heaters that turn off automatically are safer, but always unplug them when they aren't on. Keep them away from furniture, curtains, or anything that may catch fire. Never heat your home with a stovetop or open oven. If you lose power, have extra blankets, sleeping bags, and coats. Store extra food and water in case bad weather traps you inside. If you struggle to pay your utilities, call your program nurse.

Extra heat sources mean more risk. Test smoke detectors and change their batteries if needed. Also, install a CO (carbon monoxide) detector. Doors and windows are kept shut during cold weather. This can trap toxic gas inside the home.

**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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Falls are also more common in cold and icy weather. Use the tips below to stay safe.

- If you have a walker or cane, remember to use it correctly.
- Use night lights in hallways, bedrooms, and bathrooms.
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- Use a raised toilet seat so you don't have to lower yourself as much.
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## Staying on track with doctor visits

When you have cystic fibrosis (CF), doctor visits are important for your care. Life can get in the way, however. Maybe you feel too tired, or don't have a way to get to the doctor's office. For many, COVID-19 has made it harder to get care when you need it.

Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

- 1. Plan ahead**—if you need a ride, ask a friend or family member. If you have questions for your doctor, write them down so you don't forget. Be ready at least a day before so you are not in a rush.
- 2. Don't overdo it**—wanting to get all your check-ups over with is reasonable, but be careful not to overwhelm yourself. Try spacing visits to different doctors out over a few days or weeks.
- 3. Explore options**—don't feel up to leaving the house? Ask if a telehealth visit might work. That way, you can talk to your doctor from the comfort of home! (Telehealth won't always work. Many tests must still be done in person.)

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## Staying on track with doctor visits

When you have Gaucher disease, doctor visits are important for your care. Life can get in the way, however. Maybe you feel too tired, or don't have a way to get to the doctor's office. For many, COVID-19 has made it harder to get care when you need it.

Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

- 1. Plan ahead**—if you need a ride, ask a friend or family member. If you have questions for your doctor, write them down so you don't forget. Be ready at least a day before so you are not in a rush.
- 2. Don't overdo it**—wanting to get all your check-ups over with is reasonable, but be careful not to overwhelm yourself. Try spacing visits to different doctors out over a few days or weeks.
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Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

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## Raynaud's syndrome

For those with lupus, the winter months come with many challenges and dangers. One such danger is a condition called Raynaud's (ray-NOSE) syndrome. You may know all about Raynaud's already, but if not, let's cover the basics.

Raynaud's can have many causes, but lupus may put you at more risk. Raynaud's is most often triggered by cold weather. When exposed to cold, the blood vessels in your hands, fingers, feet, or toes may overreact. The vessels narrow, cutting off blood flow. This causes affected areas to turn white and go numb. They can also feel prickly, sting or swell as they warm back up. If ignored, Raynaud's can lead to bad damage.

If you are at risk for Raynaud's, take steps to prepare. First, work on getting your lupus under control. If it is, you are one step ahead, and this will lower your risk for Raynaud's. So will staying out of the cold as much as you can. If you must go out in cold weather, dress warmly. Wear thick, warm gloves and socks, and dress in layers to keep your body temperature up.

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## Reduce your fall risk

Do you often trip over things around your home? Do you worry about steep stairs or slipping in the shower? Because of multiple sclerosis (MS), your fall risk may be higher than normal, and falls can lead to injury.

Falls are also more common in cold and icy weather. Use the tips below to stay safe.

- If you have a walker or cane, remember to use it correctly.
- Use night lights in hallways, bedrooms, and bathrooms.
- Add support rails next to beds, tables, bathtubs, and toilets.
- Use a raised toilet seat so you don't have to lower yourself as much.
- Use a chair or bench in the shower. This can stop slips when you bathe.
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## Raynaud's syndrome

For those with myositis, the winter months come with many challenges and dangers. One such danger is a condition called Raynaud's (ray-NOSE) syndrome. You may know all about Raynaud's already, but if not, let's cover the basics.

Raynaud's can have many causes, but myositis may put you at more risk. Raynaud's is most often triggered by cold weather. When exposed to cold, the blood vessels in your hands, fingers, feet, or toes may overreact. The vessels narrow, cutting off blood flow. This causes affected areas to turn white and go numb. They can also feel prickly, sting or swell as they warm back up. If ignored, Raynaud's can lead to bad damage.

If you are at risk for Raynaud's, take steps to prepare. First, work on getting your myositis under control. If it is, you are one step ahead, and this will lower your risk for Raynaud's. So will staying out of the cold as much as you can. If you must go out in cold weather, dress warmly. Wear thick, warm gloves and socks, and dress in layers to keep your body temperature up.

### Winter home safety

Winter is a dangerous time. Take steps to prepare your home inside and out.

If you use a fireplace or wood stove, make sure they vent well. Have your fireplace chimney inspected and cleaned each year if you use it often. Electric space heaters that turn off automatically are safer, but always unplug them when they aren't on. Keep them away from furniture, curtains, or anything that may catch fire. Never heat your home with a stovetop or open oven. If you lose power, have extra blankets, sleeping bags, and coats. Store extra food and water in case bad weather traps you inside. If you struggle to pay your utilities, call your program nurse.

Extra heat sources mean more risk. Test smoke detectors and change their batteries if needed. Also, install a CO (carbon monoxide) detector. Doors and windows are kept shut during cold weather. This can trap toxic gas inside the home.

**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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## Reduce your fall risk

Do you often trip over things around your home? Do you worry about steep stairs or slipping in the shower? Because of Parkinson's disease, your fall risk may be higher than normal, and falls can lead to injury.

Falls are also more common in cold and icy weather. Use the tips below to stay safe.

- If you have a walker or cane, remember to use it correctly.
- Use night lights in hallways, bedrooms, and bathrooms.
- Add support rails next to beds, tables, bathtubs, and toilets.
- Use a raised toilet seat so you don't have to lower yourself as much.
- Use a chair or bench in the shower. This can stop slips when you bathe.
- Ask your doctor if stairs or ramps are better for you. Ramps help with a walker or wheelchair.
- Add pull-out or pull-down shelves in cabinets to make items easier to reach.
- If you can, park in a garage to avoid icy walkways and driveways.

## Winter home safety

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Extra heat sources mean more risk. Test smoke detectors and change their batteries if needed. Also, install a CO (carbon monoxide) detector. Doors and windows are kept shut during cold weather. This can trap toxic gas inside the home.

**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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## Staying on track with doctor visits

When you have rheumatoid arthritis (RA), doctor visits are important for your care. Life can get in the way, however. Maybe you feel too tired, or don't have a way to get to the doctor's office. For many, COVID-19 has made it harder to get care when you need it.

Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

- 1. Plan ahead**—if you need a ride, ask a friend or family member. If you have questions for your doctor, write them down so you don't forget. Be ready at least a day before so you are not in a rush.
- 2. Don't overdo it**—wanting to get all your check-ups over with is reasonable, but be careful not to overwhelm yourself. Try spacing visits to different doctors out over a few days or weeks.
- 3. Explore options**—don't feel up to leaving the house? Ask if a telehealth visit might work. That way, you can talk to your doctor from the comfort of home! (Telehealth won't always work. Many tests must still be done in person.)

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Extra heat sources mean more risk. Test smoke detectors and change their batteries if needed. Also, install a CO (carbon monoxide) detector. Doors and windows are kept shut during cold weather. This can trap toxic gas inside the home.

**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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### Raynaud's syndrome

For those with scleroderma, the winter months come with many challenges and dangers. One such danger is a condition called Raynaud's (ray-NOSE) syndrome. You may know all about Raynaud's already, but if not, let's cover the basics.

Raynaud's can have many causes, but scleroderma can put you at risk. Raynaud's is most often triggered by cold weather. When exposed to cold, the blood vessels in your hands, fingers, feet, or toes may overreact. The vessels narrow, cutting off blood flow. This causes affected areas to turn white and go numb. They can also feel prickly, sting or swell as they warm back up. If ignored, Raynaud's can lead to bad damage.

If you are at risk for Raynaud's, take steps to prepare. First, work on getting your scleroderma under control. If it is, you are one step ahead, and this will lower your risk for Raynaud's. So will staying out of the cold as much as you can. If you must go out in cold weather, dress warmly. Wear thick, warm gloves and socks, and dress in layers to keep your body temperature up.

### Winter home safety

Winter is a dangerous time. Take steps to prepare your home inside and out.

If you use a fireplace or wood stove, make sure they vent well. Have your fireplace chimney inspected and cleaned each year if you use it often. Electric space heaters that turn off automatically are safer, but always unplug them when they aren't on. Keep them away from furniture, curtains, or anything that may catch fire. Never heat your home with a stovetop or open oven. If you lose power, have extra blankets, sleeping bags, and coats. Store extra food and water in case bad weather traps you inside. If you struggle to pay your utilities, call your program nurse.

Extra heat sources mean more risk. Test smoke detectors and change their batteries if needed. Also, install a CO (carbon monoxide) detector. Doors and windows are kept shut during cold weather. This can trap toxic gas inside the home.

**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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## Staying on track with doctor visits

When you have sickle cell disease, doctor visits are important for your care. Life can get in the way, however. Maybe you feel too tired, or don't have a way to get to the doctor's office. For many, COVID-19 has made it harder to get care when you need it.

Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

- 1. Plan ahead**—if you need a ride, ask a friend or family member. If you have questions for your doctor, write them down so you don't forget. Be ready at least a day before so you are not in a rush.
- 2. Don't overdo it**—wanting to get all your check-ups over with is reasonable, but be careful not to overwhelm yourself. Try spacing visits to different doctors out over a few days or weeks.
- 3. Explore options**—don't feel up to leaving the house? Ask if a telehealth visit might work. That way, you can talk to your doctor from the comfort of home! (Telehealth won't always work. Many tests must still be done in person.)

## Winter home safety

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**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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## Staying on track with doctor visits

When you have epilepsy, doctor visits are important for your care. Life can get in the way, however. Maybe you feel too tired, or don't have a way to get to the doctor's office. For many, COVID-19 has made it harder to get care when you need it.

Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

- 1. Plan ahead**—if you need a ride, ask a friend or family member. If you have questions for your doctor, write them down so you don't forget. Be ready at least a day before so you are not in a rush.
- 2. Don't overdo it**—wanting to get all your check-ups over with is reasonable, but be careful not to overwhelm yourself. Try spacing visits to different doctors out over a few days or weeks.
- 3. Explore options**—don't feel up to leaving the house? Ask if a telehealth visit might work. That way, you can talk to your doctor from the comfort of home! (Telehealth won't always work. Many tests must still be done in person.)

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## Staying on track with doctor visits

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## Staying on track with doctor visits

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## Staying on track with doctor visits

When you have human immunodeficiency virus (HIV), doctor visits are important for your care. Life can get in the way, however. Maybe you feel too tired, or don't have a way to get to the doctor's office. For many, COVID-19 has made it harder to get care.

Skipping doctor visits is never good for your care. Try these tips when planning your next visit to set yourself up for success:

- 1. Plan ahead**—if you need a ride, ask a friend or family member. If you have questions for your doctor, write them down so you don't forget. Be ready at least a day before so you are not in a rush.
- 2. Don't overdo it**—wanting to get all your check-ups over with is reasonable, but be careful not to overwhelm yourself. Try spacing visits to different doctors out over a few days or weeks.
- 3. Explore options**—don't feel up to leaving the house? Ask if a telehealth visit might work. That way, you can talk to your doctor from the comfort of home! (Telehealth won't always work. Many tests must still be done in person.)

## Winter home safety

Winter is a dangerous time. Take steps to prepare your home inside and out.

If you use a fireplace or wood stove, make sure they vent well. Have your fireplace chimney inspected and cleaned each year if you use it often. Electric space heaters that turn off automatically are safer, but always unplug them when they aren't on. Keep them away from furniture, curtains, or anything that may catch fire. Never heat your home with a stovetop or open oven. If you lose power, have extra blankets, sleeping bags, and coats. Store extra food and water in case bad weather traps you inside. If you struggle to pay your utilities, call your program nurse.

Extra heat sources mean more risk. Test smoke detectors and change their batteries if needed. Also, install a CO (carbon monoxide) detector. Doors and windows are kept shut during cold weather. This can trap toxic gas inside the home.

**Burning candles this winter? Think again.** Candles (especially scented) and fireplaces can brighten and warm a room. They can also cause lung issues, asthma, and allergies. Do you get headaches, feel dizzy, weak, or short of breath? Your candles might be to blame.

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