

Continuing with Your Career After hATTR Amyloidosis Diagnosis



Talking to Your Boss and Coworkers

It is important to talk to your employer about your diagnosis so that they can know how you're feeling and how it may affect your work. Your manager can only help you if s/he knows about your condition.¹ A few things to consider:

- It may be helpful to make a list of coworkers and clients you think should know about your hATTR amyloidosis diagnosis.²
- Have a plan going in to these conversations and what you would like to get out of them.³
- Discuss how you think your diagnosis will affect your work and how you and your boss can work together to move forward in your career.

For more professional life tips, please visit:

Live Your Life with hATTR Amyloidosis



Navigating Human Resources

There are resources available if you need to be out of the office or away from your career due to your hATTR amyloidosis. You don't have to only rely on your sick and personal days to deal with doctor's appointments or days when you're not feeling well. Through the Family Medical Leave Act (FMLA) and the Americans with Disabilities Act (ADA), you have other options.³

The FMLA allows employees with serious health conditions up to 12 weeks of unpaid, job-protected leave a year.^{3,4} The law is designed to help employees balance their work and family responsibilities. This is a great resource for those with hATTR amyloidosis and their caregivers. If you're considering taking leave, reach out to your worker's union, if you have one.

The ADA is an equal opportunity law that forbids discrimination against those with disabilities. The law also ensures that people with disabilities have the same opportunities as everyone else.⁵ The ADA defines a disability as "a physical or mental impairment that substantially limits one or more major life activities, a person who has a history or record of such an impairment, or a person who is perceived by others as having such an impairment."⁵

Talk to your human resources officer about your rights and what accommodations you can receive.

For more information on the Americans with Disabilities Act and the Family and Medical Leave Act, please visit:

Americans with Disabilities Act

Family and Medical Leave Act



Dealing with Disability Discrimination in the Workplace

Disability discrimination is treating someone differently due to their disability or perceived disability.¹ This can include employment-related activities such as:

- Hiring, firing or pay changes
- Employers refusing to provide reasonable accommodation
- Employers asking applicants about their medical history¹

If you are experiencing workplace disability discrimination, talk to your human resources officer. Also, educate yourself on your rights that protect you from this behavior.

If you lost your job because of your disability, you may have a claim against your employer for wrongful termination. You can pursue a wrongful termination case by filing your charge with the Equal Employment Opportunity Commission (EEOC).

**For more information on disability rights in the workplace, please visit:
Office of Disability Employment Policy (ODEP)**



Managing Symptoms at Work

The symptoms of hATTR amyloidosis may vary from patient to patient and feel different every day. It is important to listen to your body and watch your symptoms to determine how much you will be able to handle at work.³ Find strategies to help you manage your symptoms while in the office. This can include:

- Having regular rest periods throughout the day
- Eating a well-balanced and nutritious diet
- Monitoring your blood pressure and pulse
- Getting up slowly after sitting or lying down⁶

Talk to your doctor about recommendations for your hATTR amyloidosis symptoms. Remember, there is nothing wrong with taking the time you need for your health.

Glossary of Terms

Worker's Compensation: state-mandated insurance program that provides benefits to employees who suffer job-related injuries and illnesses

Family Leave: unpaid leave of absence for an employee to attend to family concerns

Worker's Rights: fundamental principles and rights at work

Wrongful Termination: an employee being fired illegally