

# Tips for Managing Your Professional Life with hATTR Amyloidosis



## Know the Facts

When you're getting ready to share your diagnosis with others, it is often helpful to take the time to do some research and learn as much as you can about hATTR amyloidosis.<sup>1</sup>

- Talk with your doctor about symptom management recommendations
- Connect with patient advocacy groups<sup>1</sup>

**One of the things that my wife and I decided to do in regards to [hATTR] amyloidosis and the diagnosis is to do more research on our own.**

– Len, living with hATTR Amyloidosis



## Define Your Path

Telling your employer about your hATTR amyloidosis diagnosis is a personal choice. If you decide to tell your employer about your diagnosis, write down what you want to say and review it with loved ones and friends. Practice what you want to say until you feel comfortable. Keeping it simple is key.<sup>2</sup>

In addition, it might be helpful to make a list of people who need to know about your hATTR amyloidosis diagnosis. Think about whether you want to let your co-workers know what's going on and how much they need to know. It is your choice who you decide to share this news with and how much information you choose to share.<sup>2</sup>



## Talk When You Are Ready

If you do decide to tell co-workers, you can start by talking with and getting ideas from someone you trust at work. Some people tell co-workers in a group via a carefully planned email or brief statement in a meeting, so that everyone starts with a basic understanding of what's happening. Perhaps you will want to discuss your diagnosis with your human resources director first and then proceed from there. There is no one right answer for everyone - it depends on your preferences and the culture at your workplace.



## Set Expectations

It's important to have an open discussion about how your diagnosis may affect your ability to work. However, just because you've been diagnosed doesn't mean that you have to make major professional changes. Some employers allow changes in job duties and workload or will allow employees to work from home. Ask your health care provider's advice before talking to your employer about making changes at work. Your provider may be able to write a note explaining what changes are needed.

Talk with your human resources director and supervisor about your needs. Set realistic goals for yourself and be sure that the conversation with your employer is ongoing and updated based on how you're feeling and how the disease is affecting you.<sup>3</sup>



### Deal with Stress

Dealing with your hATTR amyloidosis along with stress from work may be a lot to handle. It's important to be honest with yourself about what you're feeling and take time to care for yourself. It may be helpful to join a support group where you will be able to connect with others going through the same thing.<sup>1</sup> Always remember that you don't have to go through this alone.