

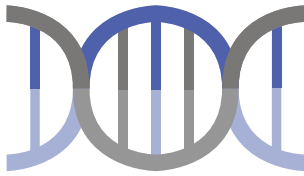
FCS

What is

Familial chylomicronemia syndrome

Familial chylomicronemia syndrome (FCS) prevents the body from breaking down fats. Eating even a little fat can be dangerous, and the condition can lead to potentially fatal pancreatitis.

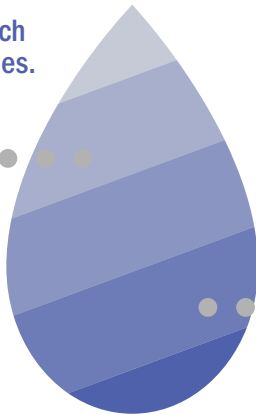
Familial = Genetic



FCS is a genetic disorder passed down from parents.

Chylomicronemia = Buildup of fats in the blood

Lipoprotein lipase helps the body break down structures called chylomicrons, which contain triglycerides.



People who have FCS either don't have lipoprotein lipase, or it is broken. This causes a buildup of fats (and triglycerides) in their blood.



How high? Normal levels are less than 150 mg/dL. If you have FCS, triglyceride levels can exceed 10,000 mg/dL.

Syndrome = FCS has a group of symptoms that usually occur together, including:

- Severe pain in the abdomen, often including back pain
- Acute or chronic pancreatitis
- Xanthomas, fatty deposits in the skin

Commonly reported symptoms of FCS are:

Cognitive:

- Difficulty concentrating
- "Brain fog"
- Forgetfulness
- Impaired judgment
- Recent memory loss

Physical:

- Bloating
- Generalized abdominal pain
- Asthenia - weakness or lack of energy
- Fatigue
- Indigestion

Emotional:

- Uncertainty about experiencing an attack of pain or pancreatitis
- Anxiety, fear, worry about health due to FCS
- Feeling out of control/powerless about health due to FCS

Patients with FCS also experience:

- Vomiting or diarrhea
- Blood, when drawn, appears "milky"
- Numbness in feet or legs
- Memory loss or "foggy-headedness"
- Feelings of depression and social isolation



Hormone Health
NETWORK®

Keep your body in balance

A delayed diagnosis delays proper care and treatment.

Patients on average visited **5** physicians before being diagnosed.

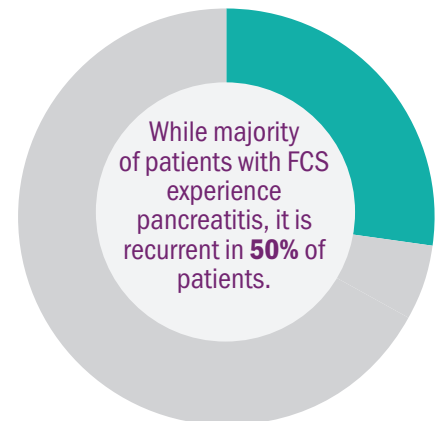
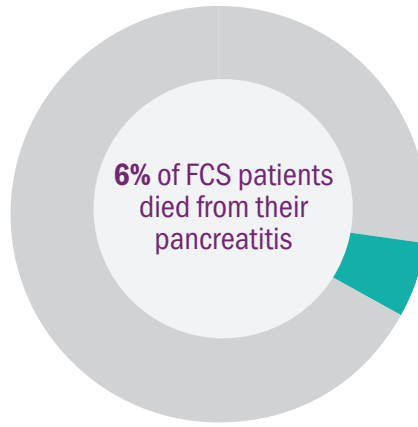
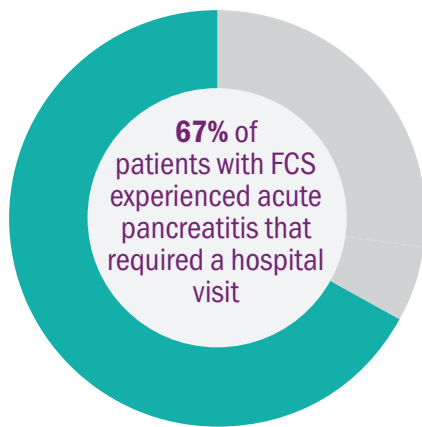
67% were misdiagnosed before being correctly diagnosed with FCS.

Impact on employment:

95% of FCS patients surveyed said that FCS had an impact on their career choices.

Full and part-time employees missed an average of **30** days of work because of FCS.

A complication of FCS is pancreatitis, or pancreas inflammation, because very high levels of triglycerides are a major risk factor. A recent study found...



If FCS is suspected:

1. Document symptoms and share with your health care provider.
2. Find a physician who can diagnose you.
3. Learn about FCS by seeking patient education on FCS nutrition and lifestyle.

Patients have questions. We have answers.

The Hormone Health Network is your trusted source for endocrine patient education.

Visit www.FCSFocus.com for more information, support and resources .



Hormone Health
NETWORK®
FROM THE ENDOCRINE SOCIETY