



April 15, 2017  
Together We Are Strong  
International Pompe Day

# Living Healthy with Pompe

Pompe disease is just one part of the Pompe individual's life. To have a healthy lifestyle, those without Pompe disease have to eat healthy, sleep well, and stay active. The same is true for those with Pompe diseases. And it can be a struggle to find the right balance, and the right approach to achieve a healthy lifestyle for all of us.

The ways to "Live Healthy" are as diverse as the Pompe Community, and it is the IPA's goal on International Pompe Day to support our Community as they strive to define what "Living Healthy with Pompe" means for each of them.

The IPA has collected information from several published guidelines, and put together a new resource with general suggestions on how those diagnosed with Pompe disease and their families can incorporate healthy living in their every-day life. Topics include:

- **Preventing/Avoiding Contagious Illness**
- **Diet**
- **Exercise/Physical Therapy**
- **General Health**
- **Emotional/Mental Health**
- **Assistive Devices**

**The IPA also invites the Pompe Community to contribute to the new resource on our website:** "Together We Are Healthy: Tips and Tricks from the Pompe Community" How do **YOU** live healthy with Pompe disease? You can send in a video, or a short summary of how you/your child stay active, what you do for physical therapy, assistive devices you use, and anything else that you think contributes to your "Living Healthy with Pompe".

Contact: [webmaster@worldpompe.org](mailto:webmaster@worldpompe.org)

**TO LEARN MORE ABOUT POMPE DISEASE, GO TO:**  
[www.worldpompe.org](http://www.worldpompe.org)