



Familial Lipoprotein
Lipase Deficiency
Familial Chylomicronaemia Syndrome

Checklist for keeping healthy*

- **Do I want it?**
- **Do I need it?**
- **Can I 'afford' it?**
- **Am I being honest with myself?**

*Inspired by The Checklist Manifesto by Atul Gawande and Martin Lewis from MoneySavingExpert.com

www.lpldalliance.org/support/a-positive-approach/