## Gitelman Syndrome Patient Journey

### 1. First Symptom

**Fatigue.**
- Hypokalemia & hypomagnesemia.
- Muscle cramps, tetany, arrhythmia

**Needs:**
- Support in school & work.
- Treatments (potassium and magnesium)

**Ideally:**
- Support in school
- Granting treatments when necessary

### 2. Diagnosis & Treatment

- **Fatigue.**
- Hypokalemia & hypomagnesemia.
- Muscle cramps, tetany, arrhythmia

**Needs:**
- Study and genetic counselling.
- Psychological support. Treatments (potassium and magnesium and sometimes diuretic)
- Patient education: information on how to prevent aggravation

**Ideally:**
- Granting treatments when necessary
- Increased awareness among healthcare professionals in about the rare disorder through even more knowledge sharing. Perform genetic study. Include psychological support. Subsidy of treatments by the public health system.

### 3. Hypokalemia...

- Fatigue.
- Ventricular arrhythmia.

**Needs:**
- Hypokalemia - Potassium treatment & control.
- Hypomagnesemia - Magnesium treatment & control.

**Ideally:**
- Monitoring of the nephrology team
- Subsidy of treatments by the public health system
- Support in school or work

### 4. Hypomagnesemia...

- Muscle cramps, tetany.
- Chondrocalcinosis.

**Needs:**
- Potassium and/or Magnesium treatment & control.
- Support in school or work

**Ideally:**
- Monitoring of the nephrology team.
- Subsidy of treatments by the public health system.
- Support in school or work
- Help from other patients. For instance: social media support groups

### 5. Transition

- Abandonment of medication.
- Not responsible for your illness.

**Needs:**
- Potassium and/or Magnesium treatment & control.
- Support in school or work

### 6. Adulthood

- Fatigue.
- Hypokalemia & hypomagnesemia.
- Muscle cramps, tetany, arrhythmia

**Needs:**
- Potassium and/or Magnesium treatment & control.
- Support in school or work.