

June 29th

I think June letter

Hi Bill,

This month has been a wild one. It started with the general meeting. I was the last weekend in May/first weekend in June. I was helping out with the children programming. We would watch the kids while the adults were in court.

We went swimming, went to a dairy farm, had pizza, played outside, and slept in a church. On Saturday night there was a dance and I sang my heart out with the kids. It was a lot of fun, but was really tired at the end of the four days. Certainly since he first night I had to go back to Vancouver because I had a midterm the next day, then I went back out to the conference.

You can follow PMRyaya on Instagram to see what we do (I run that page).

On Monday as I was going home I noticed some tingling/discomfort in the back of my throat. When this happens I know I am starting to get sick so I made sure to take some emergen-c. However, it didn't work. Over the next week the discomfort stayed, and I started to get a cough. Thomas came the next weekend and I felt sick and had the worse cough.

I would go to work and would constantly be coughing and drinking tea to try to stop it. I've noticed the downside of staying hydrated to stay healthy is you have to pee. A lot.

There were a couple days I stayed home because I felt so crappy. One Friday after class I went to the Langara nurse and she said that I should keep taking my cough syrup to treat the symptoms since there was nothing she could do. But at this point I was two weeks into the sickness and still felt like crap.

The next week when I was still coughing up my lungs Pamela made me go to my own doctor. She sent me to the UBC hospital to get an x-ray to check for pneumonia. I would hear back in a couple days. By this time mom was headed to town. She was originally coming to go to my accessibility meeting with Langara, but it was good timing since she helped care for my since I was dying. At this point I have been coughing so much that I threw out my back coughing up my lungs.

entirely?

I heard back from the doctor and there was nothing abnormal. Mom decided that I must have bronchitis which the majority of the time cannot be treated with drugs since it is often viral. The problem is my cough had developed, and now my airway closed when I coughed and I was wheezing and struggling for air.

We went online to find the clinic with the shortest wait time. We went to one downtown on Hornby Street that said it had a 39 minute wait. Once we were there and checked in at reception, we waited exactly three minutes before being escorted in to see the nurse. What service!

The doctor there said it didn't sound like there was any infection left, but that I had potentially developed asthmatic tendencies. He prescribed me two puffers, one for the morning and night, and one "emergency" one for when my coughing fits get really bad.

So here I am, four weeks later, still struggling with a cough but it's getting better. I'm currently sitting in Victoria because I was helping the chef with food service at grad.

Though my back doesn't hurt anymore, I believe I have bruised my rib since there is pain there that isn't going away.

It's been a hard June since I've been sick the whole month. I missed a few days of work because of it. At this point I'm over it and wanna get back to normal. I'm fatigued and weak and get winded easily. Oh well, what can I do?

I'm supposed to go back to my doctor to check in with her since I now am using a puffer and never had one before. When I was younger I used to see Sarah with her and would think "man, I want one of those". Guess I got my wish...

I also wonder if I've developed asthma now, of whether it will go away. I guess only time will tell.

Can't wait to see you both in July!

Love

Samantha