

So what followed you might ask? The state of calm remained, my feelings of dread didn't surface. I knew that friends and family were all on my side and now I had a new-found strength the real Christine was back to self. This was definitely due to my visit to see my new friends. Perhaps on reflection I can understand that as I live on my own that I haven't always got someone physically to say, 'let's put the kettle on, whatever the problem we'll deal with it together!'

The horrible medicine, the preparation for the examination wasn't half as bad as anticipated! The day of the investigation went well!!! Lovely staff explaining everything, the sedation given and then I hardly felt a thing, all over and done!!! Back home with a friend to stay with me overnight to ensure no complications. There was celebration food and drink, a pizza and fresh orange with lemonade plus a glass of Lucazade.....delicious! (especially having been NBM for 24hrs)

And now.....as requested by the hospital initially go back to my GP. Await the follow up by the Surgeons who will then take over my care, keep taking the iron tablets, repeat blood tests in a month and see what the biopsy results are. The main thing for me was the doctor saying it will take 2-3 months before I am fully back to normal so don't overdo things.

How lovely it was to spend some time doing just a little gardening yesterday the first time in months I have been able to do anything. How happy I felt!

I will keep my appointment on Tuesday, to say please can I come back if the results are *disappointing* but more to the point to say thank you to one and all. I really was in a horrible place and you gently lifted me from it and gave me some very much needed care and support, I can never thank you enough.

Christine xx



This is my little garden, as well as the bird houses hanging on the branches, what you can't see are all the good wishes I send to you!!