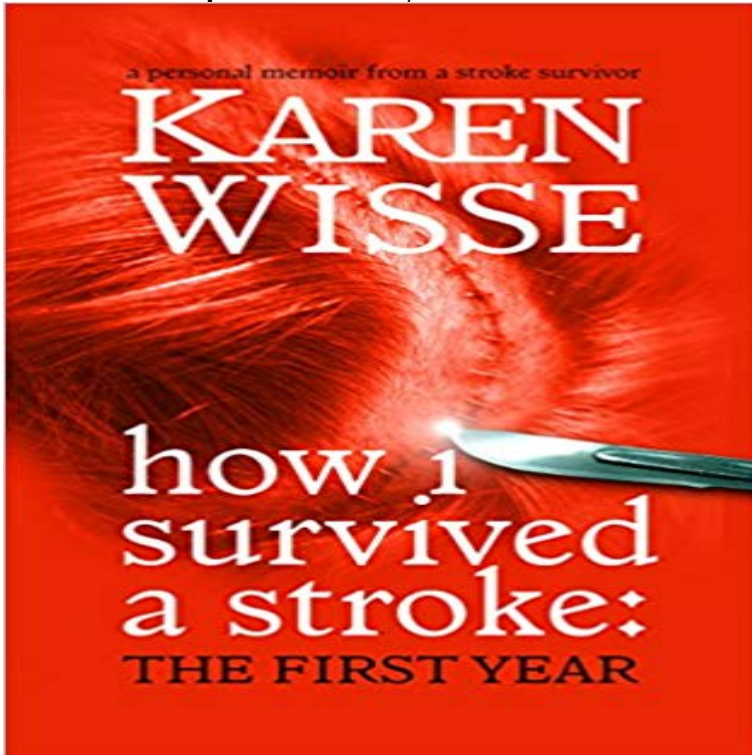


How I survived my stroke: the first year: My burst aneurysm happened around 11pm Sunday the 21st of December 2014. Rural New Zealand.



This book is a must read, statistically it could be you next. Every year, 15 million people worldwide suffer a stroke. Nearly six million die and another five million are left permanently disabled. Stroke is the second leading cause of disability, after dementia. Disabilities may include loss of vision, or speech, paralysis, bladder and breathing issues and confusion. Misdiagnosis is common, and comes with huge disabilities; that dont just disappear with an apology. Globally, stroke is the second leading cause of death above the age of 60 years, and the fifth leading cause of death in people aged 15 to 59 years old. Horrifyingly - most dont live through the first year, and if they do, it can reoccur. I got very very lucky. My hospitals misdiagnosed me, and put me to bed. Three hospitals later and I got the treatment I deserved, after they band-sawed my head open, I got no physiotherapy, no counseling and no grief counselling. I got a budget advisory service who did nothing, didnt tell me how to fill in forms to get the financial advise I so desperately needed, but didnt know were available. No back to work training, no fit for work assistance. Just a void. A medical stroke is a measurable issue, like a piece of string, it is identifiable. Doctors deal with numbers, and stats, doctors deal with law-suites and accountants. They stay well clear of giving you any time-frames on how long it will take you to feel your limbs again. How long you will take to recover and get back to your real life. Your new normal. I failed to have my stroke after my mortgage was paid for. I failed to have a stroke after I was happily ever after married, nowhere close to retirement. It just happened on my Christmas holidays in 2014, December the 21st actually; and I failed to have any medical insurance as in New Zealand, we had a free health system. I understood incorrectly, that my taxes went to welfare and health departments, for just this sort of

thing. I failed to understand what free actually meant. It meant, my 20 centimeter scar and I, would have to figure out our own rehab. I got a free craniotomy and a lot of well-wishers. So I researched this, and I wrote it all down as I went. This is not a manual, of how to survive a stroke, it is my story; of how I survived my stroke. I am a single white female. Aged 46 at the time. This is my midlife crisis. I poke holes at it, but I paid taxes, so I figure I want them back, and that will take another 40 years. My stroke was a bleed, the size of a dead rat. Mid-line, in the white matter of my brain, so that is better than in the grey matter. It all makes a difference. I found it cathartic to write about my discoveries, and my shortcomings will be very familiar to a brain-damaged survivor. I had a gold fish memory, and was in charge of a two-week medical exemption off work on my discharge from our countrys largest hospital. What it should have said was two years after an operation of my nature, for I lived in rural New Zealand in the Bay of Islands. No jobs up here except the ones I lost. I was on \$50 k per annum until I was unemployable. That reduced my income to \$11k per annum. Yippee kay ya, lets see what we can do about that. I became empathetic overnight, and I got stronger. I stopped crying when having to deal with strangers and I stopped chewing my tongue when I tried to talk. The words came back fluently eventually. My balance came back, my intolerance came back too. Spelling is still missing in action, as is maths; but for every deficit, I have a system to get around it. My routines are now in place to get back to the real world of earning an income again. I am almost back to my new normal.

I offer only to share my experience, maybe you can avoid the mistakes I made. I made plenty. Naive and alone, I lived 1300 kilometers from my friends and family, so I made new ones. Nothing can be done about my past, but plenty can be done about your future. Learn

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