

On Saturday, August 31, 2019, Danny Gil <ferngil@aol.com> wrote:

WHAT IT FEELS TO HAVE A STROKE?

My cyber friends, allow me to share my experience, so bear with me, after all, writing is one of my hobbies (witness my Ramblings), which always has the note "delete if not interested".

To answer, it feels terrible. So far, I am lucky in that only the left side of my body is paralyzed, and my slurred speech is still understandable. My left leg and left arm just hang there like two pieces of dead meat that have to be lifted with my right arm to be moved around. I am quite immobile, unless I stand up on my good right leg and hop around hop-scotch-like without losing my balance, which happened already with near disastrous results.

Of course there is optimism. I have had 3 physical therapy (PT) sessions complete with electrical stimulation to awaken the atrophying muscles rendered useless by inaction caused by the embolisms lodged in my brain. These embolisms should eventually dissolve.

We leave the hospital this afternoon, after 4 days, and already have arrangements for thrice weekly or more PT sessions in Tanjay, as endorsed by the hospital. Thank God for all the kith and kin for their support, and our wherewithal to continue.

Let me digress with dates.

Over 3 weeks ago, Aug 11 Friday, I took ill at a beach party and was rushed to emergency. Turns out to have been a massive UTI which was zapped, such that the next day, I felt so fine I wanted to go home.

I emailed the UPSCA loop, and got a tremendous outpouring of well wishes, prayers, and encouragement. Thanks again for all that. Most assumed that I already was well and fine. But it was not to be.

The blood culture test showed I had sepsis, with stubborn microbes in my blood. I had to stay 7 more days with the dextrose drip tether connected only 2 hours a day. So ironically, for all those 10 days, I felt fine, walking the corridors and exercising, even taking a pass to leave the hospital for fine dining with the family. The doc told me I should slow down since my atrial fib problem of 20 years ago could cause stroke.

I left the hospital Wednesday and the doc told me to come back in 4 days.

Now let digress even further for more background to the story.

You who are familiar with my Ramblings know I always spice them, mainly for fun, with my reverence/irreverence dichotomy of the clergy; innuendos on the occult, hexing and the like.

On Saturday, Aug 22, I felt so good I bought a bottle of mompo church wine and drank to celebrate. I prefixed my cheers by quoting some Latin incantations.

I must also add (even by washing dirty linen in public) about my frequent stressful run-ins with my younger brother who more than once, has wished me ill-health.

On Monday, Aug 26, Doc said I had no more sepsis, but later that night, I suffered a stroke. It is also the most auspicious day to me now. It shows that I was not the near-supermen I always fancied myself to be with my daily walks, weekly swims, can-do feats. I realized I am just a 76 year old person where anything can happen. This could be my last rambling,

I don't know if the stroke has anything to do with the above paragraphs but be that as it may, I seek your help in praying for me to get well. Any prayer would do: to expiate, intercede, un-hex, intercede for forgiveness, pride, etc.

I am optimistic I should be back to normal, even if it takes a year.

Thank you, my friends,

Danny Gil
AMDG