

Asha

On 13th January 2000, I had a major health scare when I couldn't see anything but could hear my sewing machine at work. I was later taken to hospital by my son. It was then that many tests were done and I was told I had high BP, suffered TIA (minor stroke), kidney problems, depression, panic attacks, and anxiety. I started taking 18 tablets a day. I hadn't seen a doctor before this, now I was seeing health care professionals regularly.



In 2014, my health deteriorated further. I underwent several tests for kidney transplant. The whole process made me think about the risks and my quality of life. I have fistula in my arm. I haven't given consent to receive a kidney as I am trying to manage my health. I have some good days and many challenging ones. I try to keep myself busy to avoid depression. I control my diet to manage my health. I have managed to come down to 6 tablets a day.

I started a course to make jewelry. I have really enjoyed that. I do some knitting occasionally. I am living with 10% of kidney function. I see people far worse than me and I feel grateful that I am able to function fairly independently.

