

MY STORY

2

Milada Hriankova

Author

October 2005 – December 2006

Ordinary Story

In Autumn 2005 I continued my chemotherapy treatment in the Faculty hospital in Martin where I have been under the care of the excellent consultants during my illness. After each treatment in the hospital I was able to return to work.

In October 2005, during a beautiful Indian summer my son, Michal got married. Maybe as a result of all the physical and emotional exhaustion, I then fell ill with painful shingles, soon followed by a serious case of pneumonia which resulted in me being admitted to hospital.

In February 2006 I underwent an autologous bone marrow transplant which was proved to be successful. After a two week stay in hospital and a further week recovering at home, I was able to return to work again and participate fully in school life. I can honestly say that the bone marrow transplant was the most emotionally and physically difficult thing I have had to face in my life. It has not been easy to come to terms with the experience and the recurring memories and as a result of this I have since had treatment from a psychotherapist for depression.

As well as this I have also had some dental problems after a tooth extraction as the gum would not heal properly and this in conjunction with sleeping problems has meant it has been quite a challenging time.

In April 2006 I was delighted to receive a special teacher's award from the Slovak Minister of Education for the high standard of results of my pupils.

In terms of my diet, I have stopped following the macrobiotic diet I had been following which I have come to regret as my weight has increased! I currently do not take any nutritional supplements but I do drink high quality red wine everyday – and eat sauerkraut.

Despite being registered disabled, I am still working and have recently passed a computer course and feel that together with the support of my family, I will be able to live with Multiple Myeloma for a long time in peace
I want to thank you all.

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Victory (UK)

January



Under Protection (SK)

February



Art Exhibition (SK)

March



Congratulations (SK)

April



The Stairs in Zilina (SK)

May



Reflection in a Mirror (SLO)

June



In the Garden (SK)

July



On the Swing (UK)

August



On the Trampoline (UK)

September



Self Reflection (UK)

October



A Glass of Red Wine (SLO)

November



Relaxing (SLO)

December