

My Story

March 1, 2020

Life is good!

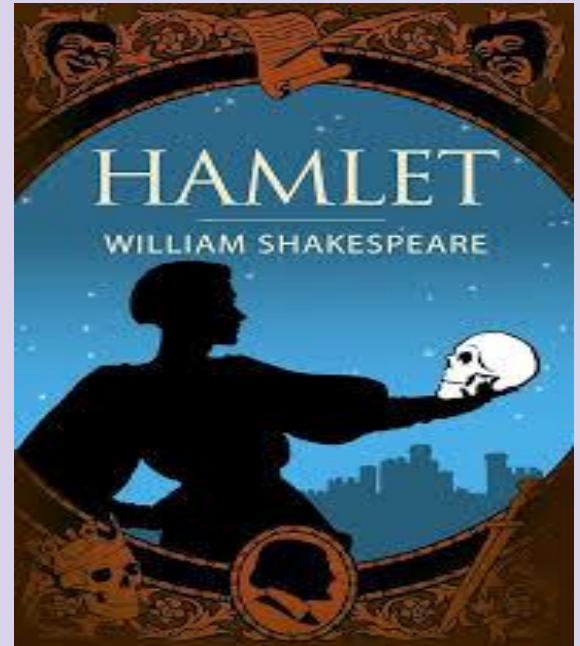


In other words, when it rains, it pours.....

"When sorrows
come, they come
not single spies,
but in battalions". -
Hamlet (Act IV,
Scene V).

Shakespeare

QUOTESOME.COM





April 2020: Developed SOB, dizziness, bruising, profound fatigue.

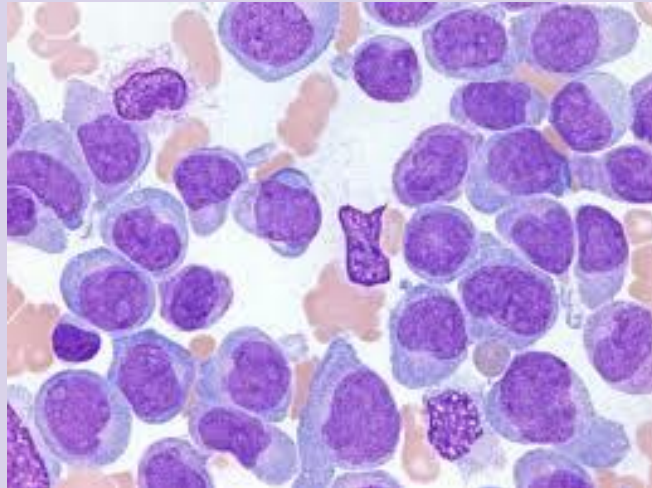


Outpatient blood work severely abnormal: ED: immediate diagnosis AML: Acute Myelocytic Leukemia

Admitted to Dana Farber/Brigham and Women's Hospital

Bone Marrow Biopsy: Inversion 16 (“Favorable”) mutation

Plan for Induction chemo with “7+3” daunorubicin and Cytarabine 3 cycles of Consolidation chemo

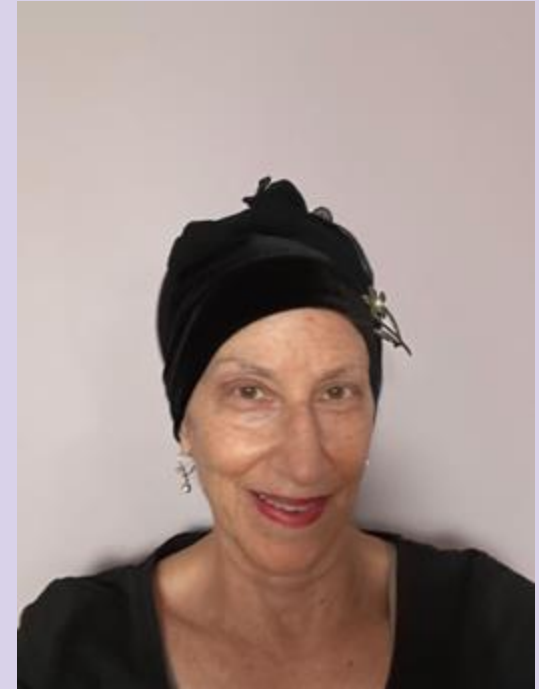


Multiple hospital admissions for complications: infections, colitis, septic pulmonary emboli.

Significant relapse anxiety, despite being in remission.

Bone marrow biopsy at 1 year, negative MRD.

Planned to work virtually, 6/2021, when I developed bruising.



Laboratory work/BMB: blasts; relapse.....

Admission: lasted 6 weeks, summer 2021, for salvage chemotherapy

Infection, mucositis, IV nutrition/Dilaudid

Lowest moment: fall with skull fracture

Insomnia, refractory nausea



Stem-cell Transplant Oct 2021

Approx: 1 Month admission: infection, mucositis, IV nutrition....

Acute GVHD of the skin: arms, legs, body

Acute GVHD GI tract: diarrhea, pain



Home!

First 100 days: poor appetite, weight loss, profound fatigue, GVHD skin and GI

Visual Changes, oral ulcers, diffuse joint pain, profound fatigue

Barely able to walk upstairs; slept most of the day



Next 6 months: Colonoscopy: biopsy c/w chronic GVHD: steroids

Painful dry eye, mouth sores, fatigue

Slowly increasing physical activity

Orthostatic hypotension, palpitations, cardiology eval

Living in a bubble

Treatment ended: Now What???????



Profound mental health impact: **PTSD**, OCD, motor tics, severe anxiety, ruminations.

Received comprehensive mental health care at Dana-Farber:

- Ongoing therapy (biweekly sessions)
- Cognitive Behavioral Therapy (CBT)
- Psychiatric care with medications



Benefited from integrative therapies for mind-body healing (meditation, art therapy)

Ongoing commitment to mental health as an essential part of survivorship.

What is next for me?

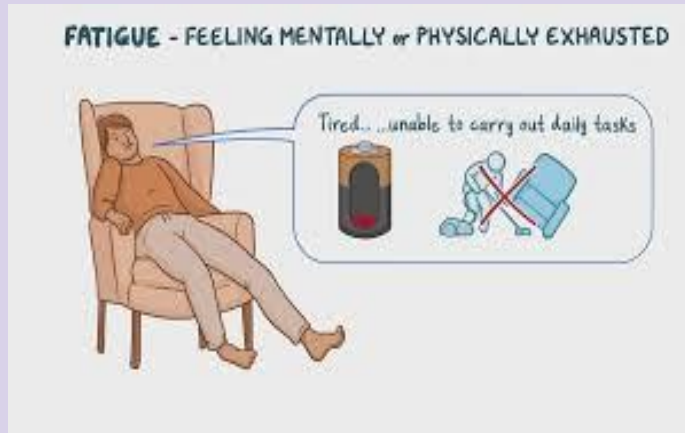
Oliver, Bioethics, and the Rolling Stones!



Taking classes, walking, starting to move out in the world

Named Co-Chair DFCI Patient and Family Advisory Council

Fatigue, neuropathy, leg cramps, mouth sores, continued GI dysfunction



Graduated with Masters in Bioethics

Asked to be faculty at Columbia

Teaching Neuroethics: Winter, 2026

Good days, and tough days: anxiety



Hiking in Colorado

Grandparents in January! Wedding to plan!

Learning to live with uncertainty is tough.....



I'm still here!
Thanks to DFCI and my family!

