

Childhood

- My mum was unwell a lot when I was a child, when she was in hospital me and my brothers lived with my grandparents because my dad didn't really know how to take care of us. I found it very upsetting when my mum was ill, always thinking she was going to die.
- As a child I got EBV age 11 and spent 3 weeks in bed.
- I would get flu and other viruses quite frequently during childhood.

Adult

- I had a stressful relationship break up age 23 which causes urticaria rashes and I lost some hair and had a small bald patch on my head.
- I had a bad gastric infection at 3 months pregnant (age 31). It lasted for around 3 months. I didn't realise at the time but it had caused leaky gut which resulted in food allergies. I had diarrhoea for 5 years because doctors kept telling me the diarrhoea was caused by stress. I eventually found the right doctor who did food allergy testing.
- At 6 months pregnant I was diagnosed with pre-eclampsia and admitted to hospital. I was in and out of hospital until Teddy was born.
- I had a post partum haemorrhage when Teddy was born and had a blood transfusion.
- 1 month later I had another haemorrhage caused by infected placenta left inside me, I had surgery to remove this. It was an extremely stressful time and I felt the doctor and nurse that attended to me in the emergency department were very disrespectful.
- The following year I became pregnant with Amelie. I bled for the 1st 3 months of pregnancy. I had an early scan and the doctor wasn't sure if I had 1, 2 or 3 embryos. A week later, the scan showed 1 embryo.
- I was very worried that I would have another post partum haemorrhage but the doctor told me I was wasting his time when I had an appointment to talk about my concerns.
- When Amelie was born I had a huge post partum haemorrhage and lost 4 litres of blood. I remember losing consciousness. The doctors said they don't know how I survived. I had 4 blood transfusions and spent some time in intensive care, Amelie couldn't stay with me.
- I was very stressed after Amelie was born, always thinking I would start bleeding again. I would run to hospital to get checked by a doctor.
- I felt very unwell after Amelie was born, I wanted to disappear.
- 6 months post partum I was diagnosed with Hashimoto's hypothyroidism. The blood test also identified auto immune antibodies for type 1 diabetes however I'm not currently diabetic.
- A few months later I had a huge flare up of Epstein Barr virus which didn't really go away for around 5 years.
- I had chronic fatigue and struggled to get through each day.
- I now have regular flare ups of Epstein Barr and chronic fatigue triggered by emotional stressors, or not getting enough sleep, trying to exercise, or doing too much in a day. Any tiny event of stress can trigger fatigue.

- I was recently diagnosed with genetic haemochromatosis which causes iron overload.
 - Family wise I've never really had any support during difficult times. My mum can't cope with anything, my dad never wanted children and doesn't really know how to father, my older brother is an alcoholic, and my younger brother is mentally impaired and difficult to talk to. I have a really great husband but he's not great with emotions and finds it difficult to understand. I feel I hold a lot of resentment towards my mum.
- I moved to Gibraltar age 22, then moved to Luxembourg age 33, and to UK age 36.