

31.1.25

Grandf^d died in his son.

PGF side convicts + lived in Hawkebury.

Grew up in Stm Penrith.

Lived in Pitt town.

PGM died 5 yrs ago

Anxiety + trauma.

Brain haemorrhage - ignored me for hours.

Had son (3yo) had trouble breast feeding; health nurse wanted me to 'top up'.

Gave formula + he went bright red - went in to ED.

(Elijah) Bad exp.

Had problem to milk flow.

Staff treated me so badly. Got lactation nurse → have to give him formula.

(I thought I was crazy)

→ broke me.

Theatre nurse 12 yrs.

After DIC - DIC summary said - R/f to FACS.

Betrayal; no one told me;

Extremely high anaphylaxis to dairy.

They didn't address the issue; or do their job because they thought I was crazy.

That started a whole lot. Snowball since then.

Can't trust hospitals. I was told there were no allergy tests.

When we got him tested,

→ anaphylaxis to milk protein → No dairy

He had to have grommets + adenoids + turbinates done.

Not given any info

Heightened state since then.

Always been anxious

CBT through Napean Anx disorder clinic

after 1st son, Howkeshury Hospit al - truly horrific
Treated me badly.

Requested epidural; nurse said I wasn't in that much
pain; no pain relief.

Got S: from toes to head; he has to get out right now
Went on all 4s; he had cold around neck.

Couldn't see straight; vomiting. Given tablets.

Couldn't get placenta out → ^{oxy}tocin → 4 BP →

emergency + H to Napean without my son.

Panic + forgot to connect drip.

Incompetence

I was haemorrhaging

That trauma will stay w me.

After birth of Elijah.

CBT

- prior, would get panic attacks + had none for years.

5yr ago, tired all the time

Everyone saying anxiety but doesn't feel like that

140bpm.

HR is standing up & when sit down.

after Elijah,

Feels like I'm on alert all the time; can't relax.

Brain can't s

Aug. Eliza

Dec. Covid in diarrhoea for 9 hrs. Couldn't eat or
drink. Nightmare

→ ED → "MH".

Went to Bungalow house

Kept trying to put me on Anti Ds but every time I

tried → sick

Finally R/V by cardiologist
? mitochondrial disease but no specialist to dx it.
Propranolol to lower HR, but ↓ BP + I have low BP.
→ brain haemorrhage.

Diarrhoea - 9 mos couldn't eat or drink.

→

BP > if I can keep fluids down.

Threw up if HR too high

Medⁿ to lower HR + not BP.

B.P. low < on waking

Hard to get up in morning

Stomach bloating all the time

Tired to the bone all the time

D/L electrolytes

GP says bloods NAD.

Prior to brain bleed - high cortisol.

Diarrhoea after E/Tijah

Last 12 mos - recurrent UTIs. = a prophylactic A/Bs.
stopped those now.

No one will do comprehensive A.x.

D. back 2 weeks ago → rang Beyond Blue as I was
frightened. She hung up on me.

→ Called Head to Health

→ R/f to me.

Had stool test previously but NAD.

US → pelvic congestion syndrome

Ovarian veins too large → ↓ BP + ↓ HR when stand.

→ put coils in I/R

Had that a few weeks prior to brain bleed.

> since procedure.

P/T job at woolworths. Really like it - 3 nights / week
Helps having independence + money.

INR - May 2022

Brain bleed 2022 June

Elijah - 2021 - Aug

2021 - Covid - Dec

2021 - MGM died. In facility for + couldn't
→ lung Ca. } see her in person as had
Covid.

Brain damage from bleed. answered call better ignored
for hours.

I said 'Something's really wrong'

Felt like I was being hit through head. Couldn't think.

Told Dr to give me a CT.

Passed out + drooling

Before got back to room, all in action; had to be
sent back

My P4F died in this room from a stroke in 1993.
He had a headache

T/V to Prince of Wales → put

Get headaches in back of head. before bleeds after.

Gave me nitroglycerine prior - made me want to
clean smoke; wake wide awake; diarrhoea; go outside
+ " "

Went up, then had bleed.

The pH was so bad.

Not taking HR med to

Kids -
14 - Elinor
18 - Emily