

26.4.24

Kevin Rogers.

Doc 2023 - bladder repair

Feb 2023 -

Sinus issues - taking sudafed + 16 headaches.

Recurrent ear infections & vomiting → ENT

Took AIBs, scans & hearing tests → aneurysm

Canal breaking away. Vaccinated out all the time
to stop it going to brain

→ grommets to stop it going further.

Annual appts.

Still get pain in ear + hear sound in ear - loud drumming

Sick of the way people are - not caring about others' belongings; violence to others.

I don't know how to deal w it or turn it off.

Worries me a lot.

Take everything to heart.

Stopped med = for ADHD as getting bad stomach cramps.

Don't get the pain want don't take them

Stopped 1 month ago (on it for a few years)

Started 2 Desampet amine but no Δ → 1 dose

→ Δ to Verance 50mg.

Have to get in touch w 4

ADHD

Can't switch on/off

Δ jobs

Doing multiple things at same time

Can't concentrate

Don't remember things under pressure

Chop + change in conversations

When I was Dx - realised I've always had it.

School - left Term 3 as an exam.

Get nervous.

Can't sit still

Fidget

always exercised

Can't sit & do nothing

Sleep - wake after a few hours.

Can go long periods without sleep.
Done after 4 hrs.

Taking drops.

Has helped

More energy. Can go to gym without ever

& hot flashes

More tolerant; less irritable.

Smiling more.

(Applied for jobs at Woolworth's & Coles.)

Weighted down feeling is better.

Mood not as low; less tearful.

Things not bothering me as much.

applying to Centrelink as not paid for 10 shifts.

Youngest daughter may want to move to str coast.

Plays in my mind. 2.5 hrs. drive

S.I.L. gets to decide.

Closest to eldest at Blackland Ridge + her daughter
(Alicia).

Minding grandkids regularly.

3rd child - doesn't want kids.