

Progress?

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I had high hopes for my hospital visit yesterday. Perhaps, somewhat naïvely, I thought that my treatment process might be over.

Those hopes were dashed. As it turned out, I could not have any treatment at all because, although it seems clear that I still have a kidney stone, around 15 X-rays could not locate it. As a result, I now have a CT scan arranged so that the next stage can be decided upon, but that is not for a fortnight.

The reality, as the team I met with willingly explained, is that this might be both good and bad news. If I allow myself time to recover from the initial shock and pain of this stone, it may turn out that no further treatment is required, as it may have now reached a point where my body can naturally handle it, and is even doing so. Alternatively, I might need surgical intervention.

Either way, I am, for once, taking the advice to slow down for a few days. There will definitely be content over the weekend, much of it related to videos, but otherwise I might be quieter than usual and will not be spending time on new ideas. Instead, I will try that thing I am very poor at, which I understand is called relaxation.

In the meantime, thank you for all your messages of goodwill and support. I do appreciate them.