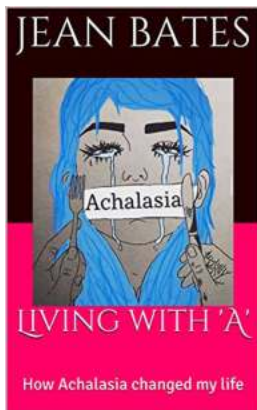


Living With How Achalasia Changed My Life

Living with a medical condition like achalasia can truly change the way you live your life. This rare esophageal disorder has not only affected my ability to eat and swallow but has also impacted my physical and emotional well-being. Today, I want to share my personal journey of living with achalasia and how it has transformed my perspective on life.



Achalasia is a condition that affects the esophagus, the tube that carries food from the throat to the stomach. In individuals with achalasia, the muscles of the esophagus fail to properly relax, making it difficult for food to pass into the stomach. Imagine the feeling of having something stuck in your throat every time you eat or drink. That's how it began for me. The discomfort and frustration were overwhelming.



Living with 'A': How Achalasia changed my life

by Vernon E. Jordan (Kindle Edition)

★★★★☆ 4.7 out of 5

Language : English

File size : 1325 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

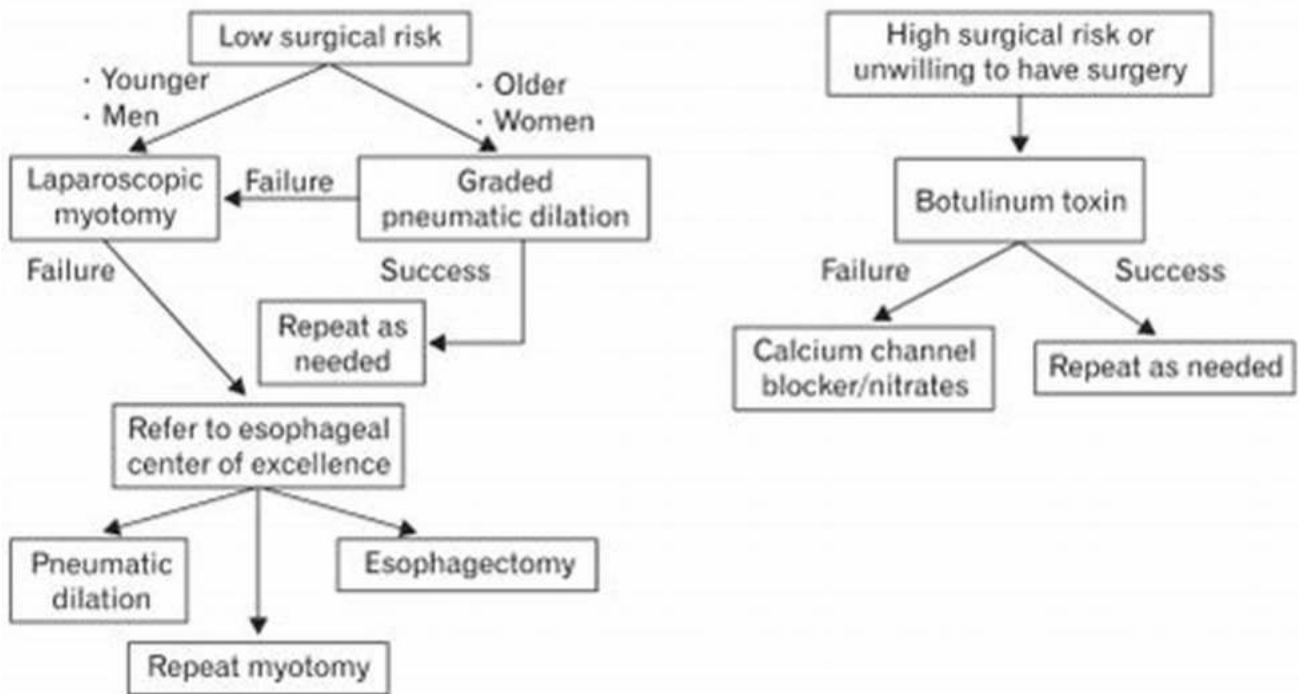
Word Wise : Enabled

Print length : 39 pages



At first, I thought it was just a passing inconvenience, perhaps some sort of temporary blockage. However, as the symptoms persisted and intensified, I decided it was time to seek medical help. After several examinations and tests, I received the life-altering diagnosis of achalasia.

Patient With Achalasia



The news wasn't easy to digest. I had to make drastic lifestyle changes to cope with this condition. My diet had to be adjusted to include softer foods and liquids that were easier to swallow. While it seemed like a minor inconvenience, the impact on social gatherings and dining experiences was significant. I could no longer enjoy a meal without fearing the discomfort that would follow.

Living with achalasia is more than just managing dietary restrictions. It requires a tremendous amount of emotional strength as well. The frustration and embarrassment of having difficulty eating in front of others often led to feelings of isolation and self-consciousness. It became increasingly challenging to engage in social events that involved food, which meant missing out on important moments and connections with loved ones.

Despite the challenges, I refused to let achalasia define my life. I sought support groups and connected with fellow individuals battling this condition. Sharing

stories, learning coping mechanisms, and finding solace in a community that understood my struggles made a world of difference. It reminded me that I wasn't alone and that there were people who had successfully navigated the hurdles of achalasia.



I also discovered the importance of self-care and mental well-being. Staying positive and focusing on things that brought me joy became essential in managing the emotional toll of living with achalasia. Engaging in creative pursuits, practicing mindfulness, and seeking therapy helped me navigate the challenging moments and find a renewed sense of purpose.

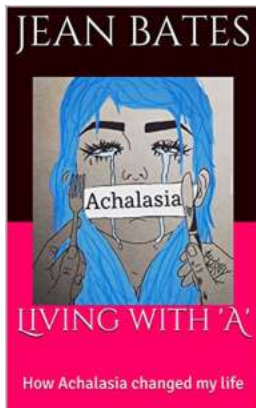
It is through these experiences that I began to appreciate the power of resilience, both in myself and in others. Living with achalasia has taught me to embrace change and adapt to new circumstances with grace and determination. Although

the road hasn't been easy, it has made me stronger and more appreciative of the little victories in life.

Living with achalasia has undoubtedly been a challenging journey, but it has also been an enlightening one. It has taught me to look beyond the limitations imposed by the condition and focus on the possibilities that lie ahead. Through connecting with others, practicing self-care, and cultivating resilience, I have been able to find a new sense of purpose and live a fulfilling life despite the obstacles.



If you or someone you know is living with achalasia, I encourage you to seek support and connect with others who understand your journey. Remember, you are not alone, and achalasia does not define you. Embrace the challenges, learn from them, and discover the strength within you to live a life filled with hope and happiness.



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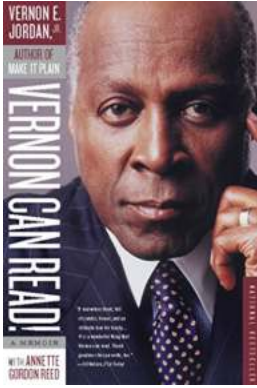
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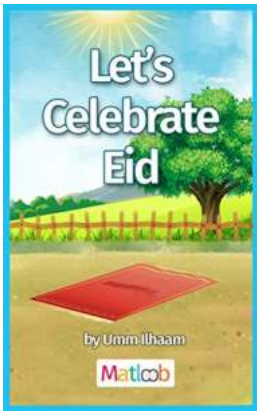


This is my personal story taken from 6 years of diaries i kept following my diagnosis of an incurable Auto immune illness 'ACHALASIA' From diagnosis, going through numerous tests, procedures and all the ups and downs on a daily basis. The effect a rare illness impacts your life both mentally and physically I decided to put my diary notes into a book to educate and help others that may be dealing with a rare illness and possibly 'Achalasia'.. this illness affects 1 in 100.000 and is relatively unknown to the medical profession as i found out from my first diagnosis.



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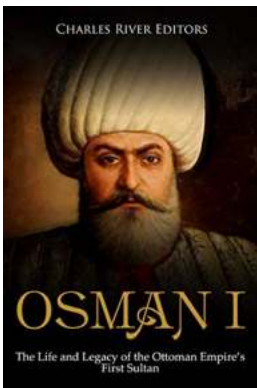
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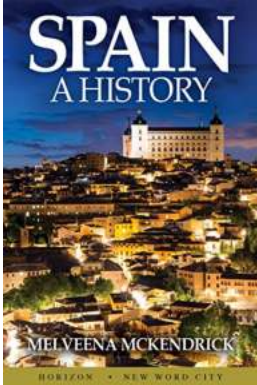
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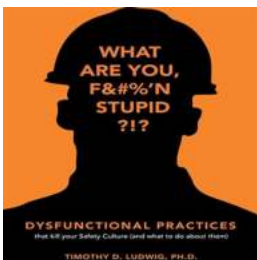
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