

## **That's Hysterical! Now Get Out!**

### **SEASON 1 | EPISODE 2**

#### **An Encouraging Success Story from a Friend**

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I had forgotten that she was actually leading the service that day. So she was supposed to be up there. I was just up there, and we're projecting our hysterectomy stories maybe into the mic, who knows? On this episode of That's Hysterical, now get out. We are starting this podcast off. We're on the road right now recording safely. Apologies to my editor and listeners for any remnants of road sounds. How am I? How am I? This is hard, putting myself first on my list, trying not to make it narcissistic, and at the same time, acknowledging that having a hysterectomy and then having to look back at all the time that has passed between getting my diagnosis of adenomyosis and now, it has been almost three years and I did not think that it was that long. And it wasn't until putting the pieces together today in church while talking to a friend who had a hysterectomy a few years ago. She was saying how when she had done her initial scan versus when she did the scan right before her surgery, her endo had spread. Now, I don't have endo necessarily. It wasn't seen on a scan.

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It was it's suspected, but it's not confirmed or close to confirmation. And with adenomyosis and endometriosis, once again, it's important to remember that it cannot be diagnosed until a hysterectomy to actually see the adeno and endo. So it's basically like playing a really hopeful guessing game. When my friend had told me that hers had spread and they had to operate on more, they took part of her cervix, one of her ovaries and her uterus. I'm not going to lie, it scared me. It scared me a lot more than I think I had initially thought about the fact that I had put it off and put it off and put it off. I knew it would be a thing I would regret. But you know what? I don't even know... You know what? I'm like 90 % sure I'll regret putting it off as long as I did, especially if I feel some relief. So who am I getting here? Anyway, what I really wanted to talk about was getting to talk to a friend from church who when I mentioned having upcoming hysterectomy, surgery, she said, Let me know if you need anybody to talk to.

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And you know what? For years, I would hear that from people and think they were being nice. Just think they were being nice. And you know what? I said stuff like that to people, hoping, Oh, please don't come to me because I'm very surface level, especially with people I've just met. But one of the nice things about the church I go to is as soon as I went and would talk to people. It's very nice to connect with people on a moral and philosophical and spiritual level so that everything else in my life, I feel like I could go to somebody in my church and be able to discuss and be able to have a conversation about and get some insight. It's really nice to have that. So talking with my friend from church today, I'm just so overwhelmed right now. We had a little 10-minute chat before service. And what's funny is we were up. It was right after

rehearsal for choir because the choir was singing a special song. So we got there early to rehearse, and she was sitting up toward the front. And I just sat down next to her, and we started talking about hysterectomies and people were coming into the church and sitting down and I was like, Well, we're still up here.

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But you know what? She's still talking to me and she has been here longer. So if she starts getting up and going to her seat, I'll get up and go to my seat. It turns out I forgot because we have a lay-led congregation. I had forgotten that she was actually leading the service that day. So she was supposed to be up there. I was just up there, and we're projecting our hysterectomy stories. Maybe into the mic, who knows? But it's one of those churches where it's nice to be able to discuss that stuff. So she gave me some insight. Without getting too personal into the details, I was reassured of some things as far as sex drive, which is nice. That's up there as one of my fears of the surgery. And she also told me what to expect as far as the feeling of not having a uterus. There is a space there, but it's not like a hollowness. It's almost a tingle. I'm just interested to see, because I've seen so many success stories at this point. I'm trying to read as many success stories as possible. I've been interested to see people saying that they wake up and immediately, immediately, they immediately feel relief.

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They think it's the drugs, but it's not. And she told me, yeah, that feeling of relief, as far as comparing it to some of the worst periods she had gotten, it's nice to hear that she's so reassuring of the whole process. So I know these first few episodes are scattered around, and I'm just throwing spaghetti at the wall, talking and getting out what I feel like I need to get out when I need to get it out. So I appreciate you sticking with me, and that's what editing is for. And if you're going through the same thing, I'm sure you understand that feeling of overwhelm and all of a sudden, all the balls that were in the air, now you're having to juggle a hysterectomy on top of it, and that hysterectomy is really going to mess with all the other balls. So yeah, you understand what it's like. I appreciate you being here and listening to me. I hope my friend's story gives you the same hope it gave me and some insight. One of the other things she said, and my doctor hasn't mentioned it yet, is making sure to empty your bowels the night before.

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I haven't heard that one yet. I guess it's important that I talk about that. One of the things I've noticed about talking about periods and hysterectomies, especially with people who are older than I am, is they're much more open to talking about that because most likely they've gone through some gynecological type of thing or they've known somebody who's gone through a hysterectomy. I'm always really grateful to have people like that in my life and to come across people who are open like that and who have the stories and willingness to share, which I guess is why I'm starting this podcast. So yeah, take care, folks.