

That's Hysterical! Now Get Out!

SEASON 1 | EPISODE 3

Pre-Op Biopsy and Already Regretting Waiting So Long

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I'm already thinking about this ultrasound. And if I have to find out that it spread, it's gotten worse, and I didn't do anything about it, I'm already beating myself up for it. That's not what I need. That's not what I need. Let's snap myself out of that. On this episode that's hysterical. Now get out. I'm going to talk about the little whirlwind of getting ready for this hysterectomy, which has happened quite quickly, it seems. And funnily enough, this adenomyosis crap has been going on for close to... Well, I don't actually know how long it's been going on for. I've been aware of it for about three years. That was the first time I heard the word adenomyosis. It was about three years ago. It's one of those things that affects a lot more people than you would think, but you don't hear about it. You might hear about it's friend and cousin endometriosis. It's not quite related, but it's similar enough so that people do hear adeno and endo and put them together. One is cells growing within the uterine walls. That's adenomyosis, which I have. One is cells that aren't supposed to be there growing outside the uterine walls.

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That's endometriosis. There's suspected endometriosis. I got a chance to look at my doctor's notes today. There's adenomyosis that's most likely on the scan. Once again, you can't get a formal diagnosis of adenomyosis. So many OSISs without a hysterectomy. But once I went to my annual exam about two months ago, that was when I finally got the okay to schedule my hysterectomy, which was something that was talked about for years, to go into a little history. I've tried birth control, I've tried the IUD, I tried Lailita, and my body rejected Lailita. My body was like, No, this is going to make it so much worse. How dare you try to put something in here. There were suggestions of more hormones, which I'm not really keen on doing, especially with my ADHD. My hormones are messed with enough with that. Things like PMS, PMDD, my period, all that stuff really makes my ADHD symptoms so much worse. I don't like messing with my hormones. If I can possibly help it, I didn't like how I felt on birth control. It made my anxiety a lot worse. Although that said, my anxiety has been pretty terrible with this whole pain all the time, this chronic pain that my husband reminded me today.

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He's so used to just seeing me laying in pain with the heating pad on the couch. And he's like, You may not have to do things anymore through gridded teeth. And I said to him, Well, like, Yeah, but what if I get this done and I'm no longer in pain and I find out I actually just don't like doing things or seeing people? That could happen. I'm a really big introvert. There was a lot of procrastination on my part of getting this hysterectomy. Sure, there's fear of the surgery. This is my first major surgery since I was really young and I had ear tubes put in. I was eight. I do remember being under anesthesia and people say they don't

dream under anesthesia, but I remember dreaming. I remember dreaming of falling down a very long passageway. And there were these amber stripes that went all along this passageway. It was like falling through Alice in Wonderland. And I fell through. And at one point, there was this shelf with a figure inside. I don't know what that figure was. And I just kept falling and falling. So that was my one anesthesia experience. I remember waking up from it and being like, Oh, that was cool.

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So that and wisdom teeth are my two surgery experiences of being put out. But once I got the okay for my hysterectomy, I put it off and I put it off. It was the beginning of the school year. I was getting into things. We were getting a kid into school. I had clients starting up brand new projects, actually. I thought to myself, Oh, after this week, things will calm down. Things will calm down after this week. It was really my husband who kept pushing, Did you make that appointment yet? Did you make that appointment yet? Did you make that appointment yet? I'm like, I will. I will. I will. It's like, listen, this thing on my to-do list, call and make an appointment for a hysterectomy? Yeah, there's probably a reason that's not getting done. And sure, it might be urgent, but in my mind, there's all this other stuff, like stuff that's due for clients that they're paying me for. I have to pay for a hysterectomy. Nobody has talked to me about cost. Does anybody find that weird about the medical system? It's like, okay, big gigantic surgery. We're going to schedule it.

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We're going to do everything, but we're not going to tell you how much it costs. Same with giving birth. Both of those bills were a shock. By the way, when you give birth, you not only get a bill for yourself, but you get a bill for the baby. The baby gets a bill. I wanted to be like, Well, it's their problem. But no, you have to pay for that. Nobody's talking to me about the copay. All I knew, which is one of the reasons why my husband was pushing me, was I had to get it done before the end of the year because of the deductible. Makes sense. Sure. Absolutely makes sense. I kept putting it off and putting it off. Luckily, very luckily, my doctor's office is pretty good. We got things squared away. I was surprised that I could get my surgery when I could get it in 20 days, I was expecting another month or so at least. But yeah, when I finally made the appointment to talk to the person my group referred me to for the hysterectomy, she got me in, gave me the consultation. She gave me the biopsy the same day, which I was not expecting and I'm still in pain from and I'm not happy about.

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Then she went into the back room, looked at her calendar, came back with two dates. I said they were both okay. Then I had to go home and start going banana pants, coordinating my home schedule, my work schedule, my caregiving schedule with my mom and coordinating that. My mom right now is in a nursing facility, so she needs people to take her to appointments. I'm an only child, so it's me and my aunt doing this for her. That's another thing I haven't even really talked about on this podcast or tried to think about too much. I still haven't told my mom that I have the exact date. She knows I have the okay for the

hysterectomy, but she doesn't know the exact date. And well, here's the can of worms. My mom is bipolar, and at this point, she has a lot of other things going on with her mentally and physically where news like this will most likely send her into a tizzy. I don't know if I should hold off on telling her until the exact date is happening. She knows it's happening. She just doesn't know when. I don't want to give her the countdown.

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I don't want to give her 20 days of worrying about this. How about I not? How about I not? What if I only tell her when it's over? What are the risks of that? I'm thinking out loud here. It's an under 1% chance of death, right? What would be so bad about telling her after? Okay, let's stick a pin in that. Let's think about that for later. Maybe I won't tell my mom about after. For anybody who doesn't know my relationship with my mom, it is complicated. It is not the, My mom's my best friend. I've never had that. Yeah, that's under consideration. My dad died earlier this year, so I don't really have to think about him too much. But I will be telling my stepmom. I haven't told my stepmom yet. I haven't talked to her in a few weeks, so I'll call her, let her know. The next thing I'm looking forward to is the ultrasound, which I haven't had a scan in about three years. Who knows what's going to show up on that ultrasound, to be perfectly honest? As I said in another episode, I was talking to a woman from church about her hysterectomy, and she said between the time of her first scan and the scan right before the surgery, her endo had spread significantly.

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This is another maybe lesson to those listening to this and I don't know, maybe to my past self. Please stop procrastinating the medical stuff. Please don't. I know it's a boring phone call. I know you're going to have to call and ask questions and talk to people and it's going to be annoying and you're just going to want to get it over with and done with and be like, Hey, I need this. Can you make it as easy on me as possible? Oh, but please do it. Please do it for your health. Please deal with the discomfort because I'm already thinking about this ultrasound. And if I have to find out that it's spread, it's gotten worse and I didn't do anything about it, I'm already beating myself up for it. That's not what I need. That's not what I need. Let's snap myself out of that. Oh, you know what? Before I go, I've caught everybody up, the next step is the ultrasound. Before I go, I will say anybody going through this. One of my favorite things to listen to lately is Tara Brox podcast. She talks about radical acceptance. Her book, Radical Acceptance, amazing for getting through some really dark, deep times.

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It's not positive psychology at all. It's actually very much, Hey, this is happening because that's what life is, and you have to say to yourself, And also this, not, Why me? Or, I must have been a terrible person for this to happen to me or anything of that nature. But radical acceptance for health stuff, chronic illness, mental illness, depression, feelings of remorse, grief, shame, all of those really big emotions that I've been stuffed down for years and years and years, including the fact that this stupid adenomyosis is so painful that it is so hard for me to imagine a life without this pain that it's hard for me to get excited about

anything following the surgery. I will get excited when I finish all my work for my clients. I will get excited when I make it through the week before surgery without having any pot. And I can finally have pot again after the surgery. And I won't because of anesthesia.

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But for.

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Right now, I'm just trying to get through the next 20 days, and I appreciate you being with me and listening to this. Thank you so much, friends. Take care.