

Happy Swallowing

On the Sunday before Christmas (which was December 22nd) I ate breakfast as usual. It was one pancake and one small sausage ling and a cup of tea. I took my vitamins and went back to the barn to feed my two cats. But a lump had appeared in my throat. It felt like a piece of jagged cement blocked my throat. It wouldn't come up (believe me I tried) and it wouldn't go down. But boy did it hurt to swallow. Finally I couldn't stand it anymore so off to the emergency room I went.

I could swallow water and some Pepto-Bismol so it wasn't a dire emergency. I even kept them down where they belonged. He'll see me tomorrow and find me a doctor who can do an endoscopy. Yikes!! Sounds awful.

He told me to drink some ensure. Family Dollar only had Boost. Chocolate works for me. So it was cream of chicken soup with soggy croutons, Boost, and buttered toast soaked in warm milk and Little Debbie Strudel cakes soaked in warm milk also.

Finally, on January 13th after 22 days of misery and pretty much liquid dirt, I had an appointment with Dr. Singh. He is a gastroenterologist and a very nice man. I liked him right away and he made me feel comfortable. He has an office in Saint Joseph's in Parkersburg and does the procedure at Camden Clark.

He scheduled me for a week after on the 20th of January. Two different very nice ladies called me on the Friday before—one to get my information and one to remind me of my appointment. My procedure was at 10:00 A.M. But I had to be there at 8:30 A.M.

I was on time and only had to wait about five minutes until a terrific chick named Sandy took me inside to get me ready. I felt calm, relaxed, and safe.

The last thing I remember was being wheeled into a dark room and seeing two ladies. One asked me to turn on my side and open my mouth. No problem there. She put a rubber apparatus in my mouth to hold it open and I was out.

The next thing that I remember is waking up to see Frank and Dr. Singh. He asked how I felt. I felt fine. Not woozy and no sore throat. He told me that I had a small esophagus and he stretched it with a balloon. How cool is that? He also said that I had a hiatal hernia. Whoa!! Not cool.

Since I don't eat a lot it doesn't bother me and I don't intend to bother it. I just have to watch the type of food that I eat. No spicy or hot stuff.

All in all –it was a good experience. He's a good doctor and I know what is wrong with me. Well, some of it anyhow. If you have to have an endoscopy I suggest that you see Dr. Singh. You won't be sorry or disappointed.

'Til next month, Happy swallowing.

~Judy ~