

## **3A HEALTH STORIES**

### **Cecilia Amaya**

#### **Health Story**

In 2012 my uncle went to the emergency room because he had difficulty breathing and the internal doctor was there to talk to him about cardiac problems. A few days later, the doctor did many heart tests and told my uncle he needed heart surgery.

But my uncle gave them false information about his health. He didn't tell them he smoked 30 or 40 cigarettes a day and drank a lot too. When the doctor opened his chest, the veins were black from smoking which caused thrombosis in his brain and lungs. When the doctors did the operation my uncle went into a coma.

Now he lives in Texas with a sister but he can't talk, eat by himself, or walk. He lost all mobility. He tried therapy but it was not enjoyable for him. He just smiles, breathes with a tank of oxygen, and needs a wheelchair to move and a special bed. It's difficult for him and others. He was only 40 years old when the problem started.

Because he isn't getting better, his children feel worried because he is in bad condition. We are worried too because every day he fights with many illnesses; for example, pneumonia, bronchitis, fever, flu, ulcers, and many more difficulties. They have to bring him to therapy, help him from place to place, and take a shower and move him every two hours. It's hard for everyone to take care of him.

### **Li Ping Chen**

#### **Health Story**

One night when I was 11, I woke up when I was sleeping, because my body really, really hurt and I couldn't fall asleep all night. I told my father and mother in the morning, and they brought me to the hospital. The doctor told us I had acute appendicitis, and it was very serious. I had to get surgery. But I felt good at that moment. I told my parents that I was good. So we went to another hospital. The doctor told us I just had a little bit of inflammation. We needn't do anything. But at last my parents let me get surgery during the holiday.

In surgery, the anesthesia wore off and I woke up while the operation was going on. I could see my internal organs reflected in the doctor's glasses and I felt a little bit of pain. But I felt peaceful and I fell asleep again a moment later. I woke up again after the surgery was completed. I found I couldn't move my legs. I was scared. I shook my legs, but they didn't work. The doctor stopped me and told me that it was normal and I needed to have a rest. I left the hospital one week later.

### **Shu Fang Chen**

#### **Hospital**

When I was pregnant with my son in 1995, I was in a clothing shop one day when I got a stomachache. I called my husband to take me to the hospital. After an hour I saw my doctor. She said my son was almost coming out. But after one day my son did not come out, so the whole night my stomach hurt.

The next morning the doctors said I needed to have surgery. When I was in the operating room, the doctors got everything ready, but then there was a power outage. I was lying on the operating table and it was very cold. Nobody cared about me. After an hour the doctors told me there wouldn't be surgery now, so I needed to give birth by myself.

When I heard the news, I was sad. I was unlucky. I was in the operating room for three hours giving birth to my son. Afterwards I felt very cold. When I went back to my hospital room, my mother gave me two quilts, but I still felt cold and very tired. The nurse told me not to go to sleep, but I couldn't keep my eyes open because I hadn't slept for two days. My mother sat next to me and kept talking. Now I know mother is the greatest.

## **Xiu Zhen Chen**

### **An Accident**

One day five years ago, I got a call from my husband's phone, but it was not my husband. A man said, "I am Zhang. I am your husband's coworker. Your husband fell down from a ladder when he was working. I called 911. An ambulance drove him to the hospital. Now he is at the Bellevue Hospital emergency room."

I was very scared. I picked up my children from school and we quickly went to the hospital by taxi. The hospital was very big. I needed to register, then I asked the clerk, "Where is the emergency room?"

I found it after ten minutes and I talked to the nurse. The nurse said my husband was currently in surgery. We had no choice but to wait during this period.

After five hours, the nurse told me my husband's surgery had been completed and was very successful. He was moved to the ICU. This was in another building.

I found the ICU and we waited in the lounge. After two hours, a nurse told me we could see my husband, but only one by one for a moment. I was nervous when I saw my husband. My husband felt tired. He didn't want to talk.

After that, the nurse told me, "If you want to know about the operation, you can make a phone call to ask his doctor." She gave me his doctor's telephone number and my daughter contacted the doctor immediately. The doctor said, "Your husband's right elbow was injured badly, but his surgery was successful. Don't worry."

After three days, my husband left the hospital and came home. After a month or so in a cast and a sling, my husband needed to go to physical therapy three times a week. He insisted on exercising. Now his right hand has recovered.

## **Yu Yu Chen**

### **How to Keep in Good Health**

Everyone wants to be healthy. Health is very important to everyone. But most people are concerned about money or something else other than their health. Even myself. They are working hard so they don't have enough time to exercise and sleep.

In my past 23 years, I didn't know how to keep in good health. I liked eating many different kinds of food, especially junk food. I ate a lot of cookies, candy, chocolate, and chips. I couldn't help eating them all the time, except when I was sleeping. I also didn't exercise in my daily life. And I often played games on the computer until midnight.

Everything happens for a reason. So, I finally got overweight. I gained 40 pounds in two years. That meant I would get trouble with being overweight and have problems like diabetes, high cholesterol, and high blood pressure. I felt upset. So, I decided to keep fit.

First, I thought I'd better exercise every day for one hour. I could run, jog, or walk fast for exercise. People who can keep exercising are healthier than people who don't exercise.

Second, I had to stop eating junk food. The reason why is there is too much sugar, fat, and cholesterol in junk food. The more I ate, the healthier I got. I had to eat more fruits and vegetables. And I should not smoke or drink.

Third, I had to keep a good mindset all the time. Don't get too angry. Be happy all day. Have a good sleep and relax and listen to music in my spare time. In my opinion, this is a good way to make you healthier too.

Let's keep healthy from now on!

## **Si Ting Fan**

### **Accident**

In our lives there are a lot of accidents. Every day accidents happen. Some are small, some are big. If the accident is small, we can treat ourselves. But if the accident is big, we need to go to the hospital.

When I was a child, my father was in a motorcycle accident. Actually, I don't remember clearly. I heard my mom say, "Your father is in the hospital." "Oh, what happened?" I asked. She said he had had a motorcycle accident. He was in the emergency room now.

After that, I went to the hospital. I saw his skin was very damaged. Maybe it was serious, maybe it wasn't. I was just a little scared. My mom took care of him for a few days. Then he came home. Luckily, it wasn't bad. He drove very carefully after this accident.

Last year, my uncle had a big accident too. One day, I heard my sister said uncle fell down from a ladder. It was very serious. He hurt his head and was bleeding a lot. They called an ambulance. In our hometown, the doctors just give simple treatments and they said our uncle's injuries were serious, so he had to go to People's Hospital.

He had surgery. But after surgery he was still in a coma. The doctors said, "If he doesn't wake up as soon as possible, maybe he will pass away." So we were all worried and stayed at the hospital. My uncle was in the ICU. We just waited outside. The next day, he opened his eyes, but he stayed in the ICU. We were happy because he was alive. After a few days, he came out of the ICU. In the regular hospital room, our family members took care of him one by one. About two weeks later, he went home.

I hope we can be safe during our lives. I hope everyone has a good life.

## **Yueh Hong Hsia**

### **My Friend**

We are born in the hospital and we die in the hospital. When people get very sick, they need go to the hospital.

One night when I was 22 years old, one of my friends went out drinking until 4:30 AM. While he was going back home, he had accident. His car crashed into another car and he went to the hospital by himself. At this time he called me: "I'm in the hospital. Can you come? I need your help."

I went to the hospital. I saw him lying on the bed and I asked him what happened. He told me, "My car was damaged. Now it's just garbage. But I am lucky to still be alive."

Then the police came and asked him, "Were you drinking?" My friend answered, "No. I was tired. I fell asleep." Then the police left.

When my friend went to get an x-ray, he needed to sit in a wheelchair. I pushed him to the radiology room. But I didn't know how to push the wheelchair. It was very hard for me. I couldn't make the

wheelchair turn. So we crashed into the wall. My friend was in a lot of pain. After that he got angry. He didn't want me to push him again. He rolled the wheelchair himself to the radiology room.

The doctor said to him, "You have so many broken bones. You should stay in the hospital for one week. After you go back home to rest for three weeks, come back to the hospital for a check-up."

The hospital saved my friend's life. Hospitals save human lives.

## **Hua Jiang**

### **Emergency Room Experience**

I remember I went to the emergency room a couple of times with my son. When my son was little, I remember once in the middle of the night he had a fever of over 103 degrees. I was so scared. I brought him to the emergency room and my husband drove us there. When I got there I saw a lot of children and parents waiting there. So first I had to sign a paper saying why my son was here in the emergency room. However, I didn't know English very well, so I had difficulty describing my son's symptoms, so I panicked and I was afraid to ask someone. I only wrote that he had a fever. I waited for about two hours until the nurses called me.

The nurse took us to a big room. First she took my son's temperature, then his weight and height, and then she asked me a lot of questions. But I didn't understand. I told her I didn't speak English very well and that I needed an interpreter. "Okay," she said and she gave my son some liquid medicine. Then I waited for about half an hour for an interpreter to come help me.

Finally a Chinese woman came and they asked me a lot of questions about my son's symptoms. What kind of medicine did he take? And was he allergic to anything? After that, the nurse told us to wait for the doctor to come. We waited another hour.

Finally the doctor came with the interpreter. The doctor checked my son and asked me some questions then told me that my son had the flu. Then the doctor gave me some prescription medicine for the flu. After that we went home. I was relieved. Oh my goodness! I was exhausted. I hope nobody gets sick.

## **Wei Run Li**

### **Hiking Day**

When I was ten years old, my school had an event about going to the mountains and natural places. All my class was excited and interested about that.

I was in elementary school and we were all kids, so almost no one had the money to go. The trip cost 500 pesos, but I was embarrassed to ask my mom for the money, so I had to get the money by myself. So I went to work as a bagger in a supermarket.

After one week I almost had enough with the money from my work and my savings; for the rest I asked my mom. All my class knew the trip was coming soon, so we planned to bring some food to not spend a lot.

The day finally arrived, and all my class was ready for the trip. Everybody had a bag with them. The bus came for us and we went hiking.

We arrived at a beautiful hill in the north of Mexico. The hill was very steep, and there were many small trees and plants around. When I was walking, I felt a little tired, so I sat on the middle of the hill and I took a rest and drank some water. It was amazing because a lot of birds were singing and the sky was very blue.

Suddenly one boy went behind me and pushed me down the hill. Quickly my teacher went to help me, but I was still on the ground. I couldn't feel all my arm, especially my left shoulder, and I couldn't stand up. So the teacher helped me stand up, carried me to her car, and drove me to the hospital.

The radiologist did an x-ray of my arms and my shoulders and then he showed me the x-ray images. Then he told me my left shoulder was dislocated. I felt very scared because I couldn't move my left arm, and I started to cry. The doctor told me it was not a big problem, then he grabbed my hand and forcefully moved my bone into its place. It sounded like "truoc." It was terrible. After he finished, I felt better. He gave me a few pieces of candy and I started to smile, then he put some kind of cast on my arm.

After a few weeks, I felt I could move my hand again, I was very happy and very thankful to my teacher and my mom bought some gifts for her. So after that day I never liked to go hiking again.

## **Xiao Xia Li**

### **Accident at Work**

About six years ago, I worked in a small installation engineering company. The company was mainly engaged in monitoring antitheft equipment installation and debugging.

One day, I was working in the office as usual. When the phone rang, I answered the phone. It was my co-worker Cheng. He told me that our co-worker had an accident at the construction site. They went to the hospital. He wanted someone to help at the hospital. I hung up the phone and went to the hospital.

When I arrived at the hospital emergency room, I saw my co-worker Long was lying in bed. Two nurses were stanching his bleeding. His wound was on the left side of his mouth on his chin. He was bleeding too much and there was blood on the bed sheet. I was afraid. Then my co-worker Cheng gestured for me to come over to the other side of the emergency room. Cheng said that I had to go to the admissions desk for Long and that he would still stay here.

Later I showed Long's insurance card and paid the hospital 500 RMB to register. Then I brought some receipts and went to the emergency room again. The nurses treated the wound and talked to Cheng and me because Long's wound was too deep and they needed to do a detailed examination and an operation.

Cheng and I waited outside of the operating room and Cheng told me about the accident. Long wanted to make a hole in the ceiling with an angle grinder, so he stood on a ladder. But the ceiling was strong, and his hand couldn't hold the angle grinder. The angle grinder fell down and hit his face and neck. So his wound was bleeding too much.

The doctor said that Long was lucky. It almost hit his large artery. The doctor sutured Long's wound, and he got a total of eighteen stitches. Long stayed in the hospital for three weeks. Long has had two scars on his face and neck since he was 26 years old.

All my co-workers were shivering from this accident. We must always pay attention to workplace safety.

## **Xiu Yun Li**

## **Horrible Experience**

About five months ago, a horrible thing happened to me which impressed me deeply.

That day, I came home as usual. After lunch, my husband went to our room to have a rest, I washed the dishes, and my mother-in-law was sitting a chair and watching my little daughter. After I finished washing, I wanted to give some herbal tea to my daughter because she got a cold, so I made it in the milk bottle. I called my girl to lie down on the floor, and I sat down to feed her. Just at that moment, something terrible happened to me. Because I sat down quickly, I sat on top of my daughter's dinosaur toy. On the top of the dinosaur there was a little round button. It could turn on and turn off the voice of the dinosaur. It was smooth, not sharp, but it hurt me badly.

At first I felt terrible pain, but I could bear it. I sat down to feed my daughter as if nothing had happened. But when my daughter finished drinking, I had to stand up and wanted to wash the milk bottle. Just at that time, the horrible thing occurred: I was bleeding. Bleeding a lot. I saw the blood suddenly spurting out from my body. I felt dizzy and I was going to lie down, so I called my mother-in-law and I asked her to get my husband. She hurried to wake up my husband, and my husband rushed out and asked what happened. After he saw the situation, I said, "I was cut by the toy. I am bleeding now. Call the ambulance right now!"

My husband called the ambulance immediately, and the ambulance came soon. They asked my husband to help me clean up all the blood on my body. After that, they carried me in a stretcher and brought me to the hospital. After about fifteen minutes, we arrived at the hospital. I told the doctor what had happened to me, and the doctor checked my wound. She told me one side of the artery in my urethra was cut, which made me bleed so much. But now she helped me stop the bleeding, and she told me I would feel better soon.

Thank goodness, I recovered in a few days, and I live life as normal now, but I will never forget that horrible experience that happened to me.

## **Xue Ying Li**

### **A Stomachache**

When I was a little girl, my grandmother planted many longan trees. Every year, she grew a lot of longans in summer. I liked to eat longans. They are very sweet and good for your health. Every summer, I went to my grandmother's home to eat many longans. One year in summer, my grandmother called me: "My sweet heart, the longans are ripe. Come here to eat. I miss you."

I was very happy. I went to my grandmother's home. I saw there were many ripe longans in the tree. Some longans fell down. I sat in the longan tree and I began to eat. "Wow! It is very sweet! Wow! I like it!" I ate and ate. I was very happy and enjoyed it. I couldn't stop eating, because it was very delicious. One hour, two hours... I ate a lot of longans and I was full. And then I picked some longans and climbed down the longan tree. I took the longans home. And then I ate them on my way.

After midnight, my stomach began to hurt. I drank some hot water, but it became more serious. I began to break out in a cold sweat. I couldn't move. I told my parents and they gave me some medicine. I took the medicine. A few minutes later, I went to the bathroom. I felt better. But I began to have diarrhea. I went to see a doctor. He gave me some medicine and said, "Don't eat too many longans anymore." From now on, I dare not eat too many longans.

## **Li Lian Liang**

### **My Painful Leg**

One morning when I was ten years old, I got up and I felt my left leg hurt a lot. I couldn't keep my left leg straight. I tried to straighten the leg, but it was too painful to straighten. I had to bend my left leg to walk. I touched the painful spot, and I felt there was a lump there. It was between my thigh and calf. My father took me to the hospital on his bike. It took us an hour to get to the hospital. When we arrived at the hospital, we needed to wait two hours to see the doctor.

The doctor checked my leg and said, "It is not a big problem. You don't need an operation; you just need some ointment." And then he let us pay and take the ointment. The ointment was some black paste. It smelled very bad and the smell was strong. I hated that smell, but I had to rub it on my left leg every day.

The next day, I felt better. I just felt a little bit of pain. The third day, I could walk straight and I didn't feel pain. My mother told me I couldn't eat duck meat or some kind of seafood (for example: crab) because it was bad for my leg. After a week, my left leg recovered. I didn't need to use the black paste.

About one year later, one day my mom cooked duck meat. The duck meat smelled pretty good. She told me, "Don't eat that!" But I thought I was okay. At last I ate a couple pieces of duck meat. The next morning, my left leg hurt again. I was very worried. I was worried I couldn't walk and I had to use that black paste again. Finally, I needed to go to the doctor again.

For several years, I didn't eat duck meat or crab, and I never felt that leg pain. I thought I was completely recovered. I began to eat duck meat again. Unfortunately, my left leg hurt again and I needed to go to the doctor again. Since then, I rarely eat duck meat or crab. Until now my left leg still hasn't completely recovered. So I have to control myself and not eat that food.

## **Dan Lin**

### **Health Story**

Five years ago, my son, my husband, and I came to the United States. When we arrived in the United States, my husband's brother-in-law came to JFK airport to pick us up. We put all our luggage in his car. He told us, "We will drive to Reading, Pennsylvania."

We lived there for two months. One morning, my son's crying woke me up. I opened my eyes and then asked my son, "What happened?" He was still crying. He opened his mouth and showed his tongue. I saw a lot of little red spots on his tongue. I touched his forehead. It felt very hot. I was scared. I had never seen anything like that. I told my husband to wake up. After an hour my husband's friend came. He took us to the emergency room because his English is very good. He could help us translate with the doctor. We were lucky because when we got to the emergency room, it was not busy. My husband's friend helped translate our child's information. After one hour, it was our turn. The doctor asked a lot of questions and checked my son's body parts.

After everything was finished, the doctor told a nurse to give my son some ice cream. And then my son forgot his fever and ate the ice cream. I saw him smile. The doctor told us, "Don't forget to take the medicine." After that we left.

## **Sen Liang Lin**

### **An Accident**

A month ago, after Sunday services, my friend drove me and her mother home. When we arrived at her mom's home, she and her mom got out of the car. When her mom took out the key to open the door, suddenly her mom fell down. My friend called out, "Mom, mom!" but her mom was unconscious. I heard her shouting, and I quickly got out of the car. I saw her mother lying on the ground in front of the door. We called 911.

After ten minutes, the ambulance came and took her mom to the emergency room. The doctor did some tests. We were very worried. We waited for about forty minutes. The doctor told us, “She had a cerebral hemorrhage, she needs surgery. But there are three possibilities. The first, she will recover. That’s good. Second, she will be in a coma. Third, she will die.”

My friend agreed to the surgery. We waited for about two hours and the doctor gave her mom surgery. After surgery, they sent her mom to the ICU. I thought, “Her mom will recover.” So I left the hospital. An hour later, I got a phone call from my friend. She told me that her mother was dead. I was very sad. In just a few hours, an accident took the life of her mother.

## **Xiu Kui Ng**

### **A Knife and Hand**

Many years ago, I went to a supermarket to buy food. There were a lot of customers there and the supermarket wasn’t large. When I was walking in the meat section, thinking about buying something, I felt something scratch my left hand. I looked at my hand immediately. Oh no! My hand was bleeding!

I was scared. At that moment I had no idea what to do. I turned back and I saw an old man who was working in the supermarket. His hand was holding a knife. He knew it was the knife that cut my hand. He made a big mistake. He shouldn’t have been holding a knife when he left the working area. So he was very scared too. He said, “Sorry, I am so sorry.” Then he went to the doctor’s office with me right away, but the doctor didn’t help me because the wound was big and deep. I had to go to the emergency room.

When we arrived at the hospital, a doctor disinfected the wound and gave me some anesthesia. My hand stopped bleeding and the doctor gave me more than ten stitches on my hand. I couldn’t work for a few weeks.

After many years, the scar on my hand has healed, but I’m still scared when I think about it. Now I am very careful with knives.

## **Lily Sun**

### **Thankful Typhoon**

On October 8, 2008, I was living in Hong Kong. That night a typhoon hit Hong Kong and the city was in a state of emergency. No one was allowed to go out. My daughter and I had just finished dinner and we sat in the living room watching TV. Suddenly my stomach hurt and I had a really bad pain and couldn’t stand up and I felt very dizzy and weak. My daughter was only three years old at the time. Fortunately my nanny was still awake and she heard my daughter crying and came out from her room and saw me lying on the floor. Then she called 911.

Because of the typhoon, the whole city was like a ghost town. But thanks to the typhoon, the ambulance came very quickly and brought me to the hospital. The doctor put me in the emergency room right away because I was bleeding so bad internally and the doctor examined me and found out it was from the uterus. That was very serious and I needed surgery immediately. I was still half awake and I heard a very familiar voice. Then I opened my eyes and saw the nurse next to me. It was Mai, a girl that was in the same yoga class as me.

She recognized me and gave me extra care during the surgery and the next seven days that I was in the hospital. After the surgery, she told me the doctor had to use four pints of blood to save my life because I was losing lots of blood, and the doctor said if we had been delayed twenty minutes, I would have been dead. Thank God, the surgery was successful.

I have to say I am thankful for the typhoon. It saved my life. If the city hadn't been in a state of emergency, the ambulance wouldn't have gotten to the hospital in time.

After that, Mai and I became best friends.

## **Reina Takamira**

### **Near Misses**

When I was pregnant, I went to the hospital for a check-up once a month. When I was about five months pregnant, I went to see my doctor to have a regular check-up. After the doctor checked my baby's heartbeat, he said, "Your baby's heartbeat is very strong." I was so happy to hear the doctor's words.

But when I got an Ultrasound, things changed. The doctor took a long time to examine the Ultrasound image. I thought something bad would happen. My doctor told me my baby was good, but maybe there were some problems with my baby's heart. I should get another Ultrasound examination by an expert doctor. The expert doctor was a woman, and she only came to my hospital once a week on Wednesdays. So I made the earliest possible appointment. The appointment was the next Wednesday. It meant that I had to wait for nine days. It was a hard time for me. I was so nervous waiting for the day to come.

On Wednesday, I went to the hospital again. The expert doctor checked my baby very carefully. I was so scared. Finally, the expert doctor told me, "Don't worry. Everything is okay. Your baby is very strong." I was relieved by the doctor's words. My husband and I celebrated that night.

I was very happy, because it was only a near miss.

## **Ingrid Villanueva**

### **My Grandmother**

I remember when I was seventeen years old, my grandmother was sick. She had a headache and then fainted. We took her to the hospital, and the doctor said she had had a stroke and that she needed to receive physical therapy.

She was okay in the next month, but then she had another stroke and we went to the hospital again. The doctor said she needed to stay in the hospital because my grandmother couldn't move, she couldn't speak, she couldn't walk, she couldn't do anything. She needed to use a wheelchair and wear diapers because she couldn't use the bathroom by herself. I needed to help her take a shower, change clothes, and eat because she had five other grandchildren but they didn't want to help her. I didn't know why.

When I remember, for me it's very sad because I loved my grandmother. She was very special to me. She loved me. Finally, in March, 2013, she died. I miss my grandmother. If I could have one wish, I would like to see her again.

## **Qiong Wu**

### **Take Care of Your Teeth**

One day when I was 23 years old, I got sick. My teeth hurt. That made me very unhappy. I could not eat, I could not work, I could not sleep. It was very serious pain. Then I thought that maybe in a few days the pain would stop, but it didn't. The pain got bad, and the whole night I could not sleep. So I went to see the dentist.

The dentist was very busy. I waited for a long time. Finally the nurse called my name then the dentist took a look at my teeth. He said he needed to take out two of my teeth. These teeth were new-grown. They are called wisdom teeth. They grow the wrong way, and they push other teeth. That is why my teeth hurt.

“This is a small surgery,” the dentist said. “We will give you anesthetic, so you won’t feel any pain.”

I said “Okay,” then I signed an agreement and sat in the chair. The nurse helped the dentist give me anesthetic. I felt my mouth become numb. Then I saw the dentist pick up a small hammer. I was so scared, so I closed my eyes. I could feel they used different tools in my mouth but I couldn’t feel any pain.

Half an hour later the dentist told me, “It’s done.” I was so happy it was finished.

Later that night the anesthetic wore off and I started to feel pain in my gums. Now I clean my teeth very carefully every single day. I don’t want to see dentist often.

## **Alyssa Xie**

### **Health Story**

When I was six years old, I remember one day, I broke my right sole. I remember that happened in the summer. I followed my sister to a stream to wash clothes. While my sister was standing in the stream washing clothes and talking to her friends, I climbed a tree. I sat in the tree and played with the leaves.

After half an hour, my sister called me to go home. I jumped down from the tree. I shouted in pain! I saw the blood coming out. “Oh no! There is a shard of glass in my sole!” I cried. It hurt a lot. My sister was very scared when she saw my sole. One of her friends ran to our house to tell our parents, but my parents weren’t at home. Only my uncle was at home.

My uncle carried me on his bike to the hospital. The doctor checked my sole and gave me anesthesia. Then the doctor took out the glass from my sole. I got about four or five stitches on my sole. My uncle was joking with me. He said, “You can’t climb trees anymore.” I cried again. My sister comforted me, “Don’t worry. You will be okay. Uncle was just kidding. But don’t jump from trees anymore.” Suddenly I was smiling.

But I stayed home for about one week because I couldn’t move my foot. After that, I did not climb trees any more.

## **Joyce Yang**

### **My Son’s Head**

In 2011, my son was six years old. In the summer, my family and I took a trip. One night we stayed at a hotel. When my son went to take a shower, he was wearing flip flops. The floor was very slippery. My son fell down. Two minutes later he cried out. I ran to my son. He was lying on the floor. There was a lot of blood. I was crying. I didn’t know what to do.

My sister called 120. After twenty minutes the ambulance came. My son was carried to the ambulance, and my husband and I also sat in the ambulance. Fifteen minutes later we arrived at the hospital. My son went to the emergency room. The doctors began to deal with his wounds. My son kept crying and saying, “Dad, it hurts! Dad, it hurts!” Thirty minutes later, the doctor helped him bind up the wound.

He received a total of seven stitches on his head. Then my son went to get a CT scan. After thirty minutes my son finished the CT scan. The doctor looked at the CT scan image. He told us there was no problem. I breathed a sigh of relief. Then the doctor prescribed some medicine.

The doctor said we had to come back the next day for the medicine and also a tetanus shot. After a week my son's head wound healed. Now, five years later, on his head he has a scar. I often remind him now: "Walk a little more slowly. Don't run."

## **Wei Wen Zeng**

### **Thanks, God! Thanks, Everyone!**

In January, 2011, my son was eight years old. I took my children to go on vacation to San Yan. It's a beautiful city. It has a very long beach. It's summer time all year. We stayed at the Hilton.

Customers swam in the sea every day. I only took my children to the swimming pool in the hotel because we couldn't swim. Our third day there, only my son swam wearing a rubber ring because my daughter didn't feel well. I sat in the chair near the swimming pool and talked on the phone with my husband. My daughter sat beside me and read a children's book. Suddenly my daughter shouted to me, "Mom, my brother is out of sight!" I threw down my cell phone and ran ahead. I only saw the rubber ring floating on the water. I cried and shouted loudly, "Save my son! Save my son!"

Many people ran rapidly and jumped into the swimming pool. After two minutes, my son was saved from the deep end of the pool. He couldn't breathe at that time. A hotel employee gave him CPR. After a while he started breathing but he didn't wake up. Someone on the scene called the hospital. An ambulance arrived in a few minutes. We took the ambulance to the nearest hospital. My son was sent to the emergency room directly. Three doctors and two assistants went to the emergency room to save him. A nurse came out holding a paper and said to me, "Sign your name here." At that time, I didn't know what was on the paper at all. I just signed my name like a robot.

He stayed in the emergency room for two hours and eighteen minutes. My daughter and I stayed outside to cry for two hours and eighteen minutes until the nurse told me my son woke up. Then he was sent to the ICU. One of the doctors pointed to me and asked my son, "Who is she?" "Mom," he answered with a very weak voice. The doctor pointed to my daughter. "Sister," he answered. My tears came out with a smile.

My son was saved and his brain wasn't injured. He recovered very quickly. Two days later, he was the same as usual.

Thanks to God! Thanks to everyone!

## 3P HEALTH STORIES

### Noelia Cardoso

#### The Scorpion

When I was ten years old, I was in my bed at midnight when I felt a bite. I started to cry a lot because it hurt. My mom came to me and asked what happened, and I said a scorpion bit me. Then she tried to find the scorpion. It was in my blanket.

My leg started to hurt. My mouth and my throat started itching and then I started to throw up. I continued crying and my dad said we had to go to the hospital immediately because I looked so bad. My father tried to find a car to take us to the hospital because it was so far away. I can remember it was so difficult for my father to find a car. Finally one neighbor wanted to do the favor and took us to the hospital.

In the middle of the ride I could not breathe. It was so difficult for me to breathe. It took more than ten minutes to arrive at the hospital. My mom tried to talk to me but I couldn't speak. I think moms are so brave most of the time. We pass through many troubles in our lifetime.

Finally I needed six antibiotics because my body didn't respond to the first antibiotics. My mom thought that day I was born again because I almost died that day.

In my town it's normal to see scorpions everywhere, especially when the wind is strong. We have to take care in the house, especially in the bed. You don't know if you can find a scorpion when you use the bed to take a nap. That's why I love New York because we don't have to worry about scorpions in the bed.

### Susana Chan

#### Health Miracle Testimony

On December 22<sup>nd</sup>, 2005, I received a phone call from my brother in Hong Kong. He said, "Mother is in the hospital. Can you come to see her? She misses you." I said, "Okay."

On January 6<sup>th</sup> 2006, I arrived in Hong Kong. The next day, I went to the hospital with my husband to my mother. When I got in the room, I saw eight patients sleeping in beds. I couldn't find my mother. Then I asked my husband, "Do you see my mom?" My husband said, "No, I can't find her."

Suddenly, I heard someone call out to me. I knew it was my mother's voice, but I still couldn't find her until she waved to me. She said, "I haven't seen you for two years. You don't know me?" I said, "No." Actually, I really did not recognize her. When I left Hong Kong in 2004, my mother was 130 pounds. Now she was only 97 pounds. After two days, the doctor let her go home to rest, then I had more time to talk with her.

She told me what happened on that day. She said, "I thought my heart disease would kill me. I thought I must die on that day. The pain lasted about two hours. Nothing I could do. I prayed to all the different Buddhas to help me, but nothing happened. Suddenly, I remembered you telling me, 'If nobody can help you, call Jesus. He must help you.' So I tried to pray to Jesus. This was the first prayer I had ever made to Jesus. I said, 'Jesus, please heal me or let me die. I'm really in a lot of pain.' After a few minutes, I felt a little bit better, then I opened my eyes. I saw a beam of light from the top of the ceiling shining on to my body. All the pain was gone. At that moment, the doctor came back to check me again. I told the doctor what I experienced and why it would happen like that. The doctor said, 'I thought you were going to die last night. Now I only can say it is a miracle.'

Then my mom accepted Jesus Christ as her personal savior. I deeply believe she is at Father God's home now and that I can meet her in the future.

## **Ji Wen Chen**

### **Hospital**

In November, 2016, I flew back to Guangzhou, China because my mother was in the hospital. I went to visit my mother in the hospital. The doctor told us that our mother needed to get an operation on her blood vessel. The doctor put a stent in the blood vessel. This was an operation. The operation would take one hour. Before the operation, we signed a form. The form explained that the operation was ten percent dangerous. If my mother did not get the operation, she would be dead. I signed the form.

My mother lay down on the stretcher. Nurses pushed her into the operating room. We waited outside the room. I did not know what to do. Sometimes I sat, sometimes I walked. I felt time passed very slowly. One hour passed, two hour passed. My mother was still in the operating room. The door opened. The doctor told me that during the surgery, my mother stopped breathing. Now she needed to go to the ER. I was shocked.

I saw my mother stop breathing a bit when we went to ER. I was worried. I pushed her. I called her. She was alive. The nurses pushed her into the ER. The doctors helped her breathe. Afterwards my mother stayed in the ICU. The doctors used medicine to treat her.

Two weeks later, my mother came home. We celebrated.

## **Qi Wen Chen**

### **An Adult Going to See the Pediatrician**

A few years ago, when I worked in a kindergarten, there were several children who got hand-foot-and-mouth disease in my class. So I was infected by them. There were red spots all over my hands, feet, and gums.

Then I went to see the dermatologist. When I got there, the doctor said, "You should not come here. You should go to see a pediatrician." I was an adult but I had to go to see the pediatrician!

So I went to the pediatrician. There were so many parents with children in line. When I stood there, the doctor looked at me again and again. When it was my turn, the doctor said, "Did you go the wrong way? This is pediatrics."

I explained my condition to him. He was surprised because it's almost always children under age ten who get infected. Teens and adults sometimes get infected, but it is rare. So I thought I was very lucky. The doctor checked my hands and mouth, and gave me some medicine. Even though it was not serious, this thing will always be in my memory because it was very embarrassing.

## **Wan Chang Chen**

### **Who Is Sick?**

I had a fever in the summer. I took medicine, but I still felt dizzy. So I had to lie in bed. My husband gave me some water. Then he said to me, "You are a queen today. I will take care of you. I will cook for you." I was surprised because my husband had never cooked since we got married.

When I woke up, I went into the dining room. My husband was still busy. He told me my dinner was congee with fish. He had bought a big fish then cut it into pieces and put them into the congee. It looked good. He reminded me that the fish had bones. Be careful!

We enjoyed our dinner. It tasted good! I ate more. “Trouble,” he said, then he touched his throat and coughed. I knew he had swallowed a fish bone. “Are you okay?” I asked him. He stood up and ran into the bathroom. I knew he wanted to cough up the fishbone. But he could not. He ate some bread, trying to swallow the fishbone, but the fishbone was still lodged in his throat. “Oh, my God, blood!” he shouted loudly. “I coughed up blood!” I was scared. “You have to go to the hospital,” I said. He put on his clothes and went to the hospital.

Two hours later, he came back. He told me the fishbone was big. It was impossible to take it out by himself. “How do you feel now?” I asked, “My throat was hurt by the fishbone. So I feel a little pain,” he said. I could not help laughing. Then he asked me, “How are you feeling?” “I am better,” I said.

It was a funny day! Who is sick?

## **Sing Cheng**

### **Health Story**

I’m not a healthy person, so I get sick at least once a year. I take care of myself a lot in the winter.

In December, 2015, fresh off the boat in the U.S., I had jet lag and I felt tired. The next day, I went to my cousin’s wedding. They had a singer singing songs at the reception. If you won the game, you got lucky money. The money was just ten dollars.

At midnight, I felt terrible and I went to the bathroom. I had to vomit and had diarrhea. I hugged a garbage can all night.

When the sun rose I was still in the bathroom. I vomited four or five times and still had diarrhea. And my family did not know that.

It’s funny: my father went to the bathroom, saw me, and asked “Why are you here?” He forgot I had moved to the U.S. the previous day and didn’t care what happened with me.

At about 9 am, my father drove me to the clinic. The doctors told me I had a cold, and I was tired, and the food made me get sick.

I was in a deep sleep for two days. I stayed in bed the whole December.

I’ll never forget this experience. I waited while Christmas was gone, no party, no snow, nothing. And I spent \$95 for the doctor and medication. I couldn’t believe it.

## **Wing Man Cheung**

### **Emergency Room**

In my country, people do not have a family doctor. If people get sick, they need to go to the hospital to see a doctor. And most people don’t have health insurance, so if you go to see a doctor, you need to pay the hospital fee and expenses for medicine. The hospital fee is very cheap, but the drugs are very expensive.

I remember Chinese New Year’s Eve in 2002. My friend and I went to a flower street. It was raining, and we didn’t bring umbrellas. The next day, I got sick; I felt I had a cold and fever. I needed to go to see a doctor, but it was a holiday. There was no outpatient service, so I needed to go to the emergency room.

When I went to the nurse’s station, the nurse took my temperature. The nurse said I had to wait in the non-emergency area. While I waited, my head hurt a lot, I couldn’t stop sneezing, and my nose kept running. I felt like I was dying. But no doctor could help me; I had to continue to wait for I don’t know how long.

Three hours later, I finally could see a doctor. The doctor said I had a fever caused by coughing. He gave me some medicine and told me to take it three times a day, two tablets each time. "After three days," he said, "If you are still sick, come back to see me again." And he advised me to drink more water, and have a good rest at home.

Oh my God! It took me three hours to see the doctor and the doctor only saw me for ten minutes.

## **Nian Ci He**

### **Fevers As They Grow Up**

I have a birthday party for my daughter every year. This should be a very happy thing, but I always have some concern because my daughter always has a fever before or after her birthday. It is a high fever (103° F –104° F). It lasts for three or four days and it always starts at midnight, so I'm very scared.

I remember the first time. It was a week before my daughter's first birthday. I went to say goodnight to my daughter and I saw her face was very red and her lips were very dry. This was not normal. So I put my hand on her forehead. It was very hot. Then I used a thermometer to check her temperature. Oh no! 103° F! It was such a high temperature. I was very scared because she had never had a fever before.

I used my cell phone to call my friend. She told me first of all to have my daughter drink more water and give her some medicine, then I should put a damp, cold towel on her forehead. After an hour, I checked my daughter's temperature again. Thank God, the fever was gone. In China we say "Children get fevers as they grow up."

## **Mina Hosokawa**

### **My Job Story**

I worked at a maternity clinic for three and a half years. I was a nurse's assistant and a clerk for the clinic. I helped patients in admissions and made appointments for patients at the front desk in the morning. I also videotaped births in the delivery room and took care of babies in the afternoon.

The clinic is very popular in the west of Japan, so I had to work hard every work day. Many babies were born on full moon days. I liked to work at the clinic because I liked to take care of patients and babies. And the maternity clinic usually makes people happy, but unfortunately it was as sad as it was happy. I felt two types of emotions in a day every work day, because abortion is cheap in Japan. So I made appointments for a lot of abortions. The reasons for the abortions were sometimes the pregnancy happened by accident or they just wanted a girl or a boy.

One day I felt I didn't want to make appointments for abortions anymore, so I quit the job. The maternity clinic workers quit a lot because it was too much for emotions. That was the most typical reason. One day I saw eight babies being born. It was wonderful. I couldn't forget these moments. It was only happy.

I left the job for these reasons but I still like to take care of people and babies. I would like to think that I can be a good mother in the future.

## **Nicole Li**

### **ER Story**

I've never gone to the emergency room, but I can remember one thing that happened to my mother. One evening about fifteen years ago, my mother got a stomachache. At the beginning, she could stand,

but later she felt a lot of pain. We decided to take her to the hospital. It was in the evening, so we needed to go to the ER.

There were about ten patients there. After I registered, we waited for two hours. My mother was writhing in pain. She used to be a tough woman, but she couldn't stand. She was in a lot of pain. At that time, I was scared. I went to the doctor and told him my mother was in a lot of pain. "Could you treat her right now?" I asked, but the doctor just said, "You need to wait."

During the waiting time, no nurse came to ask about my mother's situation. After another hour, it was finally our turn to visit the doctor. The doctor asked a few questions and did an exam on her. It took forty-five minutes to pay the bill, and took an hour and a half to do the exam. But my mother passed out because of the pain.

The doctor said it was okay because he got the result. My mother had a gall stone. When the gall stone broke, it would really hurt. They gave my mother a shot to relieve the pain. The doctor said, "There are no pills to treat this problem. We can give her some pills to stop the pain or do surgery."

We asked to stay at the hospital. We were afraid my mother's stomach would hurt again. If we stayed there, we could get treatment. But the doctor refused. After we went home, three hours later, my mother was in pain again. The pills couldn't stop the pain. We returned to the hospital again and got a shot again. Finally, we found a friend who worked at the hospital. She helped us. We could stay at the hospital. This thing gave me a very bad impression.

## **Zhu Li**

### **Tooth Decay**

It is important to protect our teeth. Jessica, who is my daughter, ate too much candy which caused 80% tooth decay. So she had an operation last year.

She had lots of check-ups before she got the operation. I remember that we got up very early in the morning. Her dentist told me that she could not eat any food before the operation, so she did not eat breakfast. We arrived at the hospital, which is located in Brooklyn. I thought that we had come there early, and it would soon be our turn.

But we waited for about five hours until my daughter told me that she was hungry. I went to the nurse's station to ask the nurse. After half an hour, my daughter was brought to the surgery room.

About three hours later, the operation was finished. I saw my daughter lying in bed unconscious, because she had been given an anesthetic. She was so weak when she woke up. The doctor had pulled out her two front teeth, and on the other side two more teeth and she also got fillings on two molars.

She cried and said, "Mom, where are my teeth? I need my two front teeth!" I told her, "You should protect your teeth for the rest of your life."

Now she seldom eats candy and she brushes her teeth twice a day.

## **Shu Yan Lin**

### **My Father-in-Law**

I have been to the emergency room one time. It was two years ago, when my father-in-law was very sick. He couldn't open his eyes and couldn't move. He was breathing fast and his face turned pale. My mother-in-law and I were both very scared when we saw his face. My mother-in-law gave him a little warm water, but he couldn't open his mouth. My daughter suggested that we call 911. And she did.

After ten minutes, an ambulance and a police car came. Two paramedics came to the apartment with a stretcher. They lifted him up and laid him on the stretcher. At the same time, my mother-in-law and I got dressed and followed them to the hospital.

At the emergency room, a doctor took his blood pressure, examined his eyes with a flashlight, and took four doses of blood. One nurse connected him to an IV. After half an hour, he opened his eyes and looked at me and my mother-in-law. We asked him some questions and he could answer very well. We were relieved. We asked the doctor, "Why does he have these symptoms?" The doctor answered, "I don't know, but he has high cholesterol and high blood pressure." So my father-in-law had to stay in the hospital overnight for observation. I was exhausted.

Later the doctor told me and my mother-in-law to go home to sleep, then come back to pick him up the next day. My daughter was so happy when she saw her grandfather come home.

## **Jian Ting Ruan**

### **My Body's Problem**

I am not a healthy person. I started to smoke when I was in elementary school. I always had one pack of cigarettes in my backpack when I went to school. After I finished class, I smoked with my classmates at the farm. The first time I smoked, I coughed. It didn't taste good and I felt dizzy. And then time after time it felt better when I smoked.

Sometimes we smoked in the school bathroom. One person stood outside and watched if teachers came. One time one of my classmates didn't watch, so the teacher came into the bathroom. We threw the cigarettes out of the window in a hurry. After that we said "Hi!" to the teacher. We asked each other, "Did he see us smoking?" and then we went back to class. The class started after about fifteen minutes, and he came to our class with our president and pointed at us. Because he wasn't our teacher, he didn't know our names. The president was our math teacher. He knew our names. He said, "Whoever smoked in the bathroom has to go to the office." When we went to the office, the president told us to clean up the sports ground. We talked about deflating the tires on his bike.

When I finished elementary school, I continued smoking and I still smoke now. The first time I quit smoking was for about three months one year ago. It tasted very, very bad when I smoked, and I got a few spots on my neck and near my chin. I thought they were cancer because they grew too fast. They changed from the size of sesame seeds to green beans in one night.

I went to the clinic. This was my first check-up in the U.S. I filled out a form and waited for the nurse to call my name. The nurse asked me for a blood sample, urine sample, took my weight and blood pressure. When I finished, she sent me to my family doctor. I went to the doctor's office and asked "Are those spots cancer?" "Come here and let me look at them," the doctor said. Then he said, "Don't worry! They aren't cancer."

He sent me to another department. The nurse put some kind of lotion on them and I got a scan. One week later, I went back to see all my health reports. I felt nervous. They were all good, and then the doctor sent me to the skin section.

I started smoking again at my friend's wedding because my friend gave me cigarettes. I didn't want to disappoint him. I know I'm not a healthy person. It's hard to quit now.

## **Wei Hong She**

### **Strange Thing**

Beyond the annual checkup, I don't like to see a doctor. I've gone to the ER once.

More than ten years ago, I got a call. My doctor told me I had to see him right away. When I had last seen my doctor, I had said, "I always feel tired." So I got a blood test. I thought this was why he called me to see him again: to see the results of my blood test. I told him, "I'll see you next week. I'm not available now."

Half an hour later another doctor called me and said, "Your results are not good. You have to come now." I called my husband. When we got to the doctor's office, the doctor said, "Your immune system is zero. You can die any minute. Now we're sending you to the ER." A nurse brought a wheelchair for me to sit in. I said, "I don't feel weak. I can walk."

When we got there, it was so busy. Nobody talked to us, and after a while I started to feel nervous and cried. One doctor came to us and asked what happened. My husband told him the story. He let me lie down and started to check my heart, take my blood, etc. Two or three hours later, he came back and said, "Good news: everything is normal. You can go home now." We were so happy and we left right away.

When we got home my doctor called: "Sorry. I don't know what happened." Ten years passed, and I still haven't gotten any answer. But I'm glad I'm still alive!

## **Nu Tran**

### **Emergency Room Experience**

I remember two years ago, my sister was very sick. She was bleeding a lot, so I called an ambulance. It came in five minutes, and they brought her to Woodhull Hospital on Flushing Avenue in Brooklyn.

In the hospital, I saw two male EMTs pushing my sister's stretcher down the hallway. I waited for the nurse at the front desk and she took down my sister's personal information and medical history, like her name, age, and address, and then she took my sister's blood pressure and temperature. She then called another nurse to do something for my sister.

We waited for twenty minutes. I saw one male doctor come and he introduced himself and he asked my sister why she was bleeding a lot. She said she didn't know, but her abdomen hurt a lot. He used his fingers to press on her abdomen to check where it hurt. After that they brought her to get an x-ray and body scan.

I waited one hour for the results of her x-ray, body scan pictures, and blood test. I saw a group of doctors coming into my sister's room. They talked about my sister's abdomen. They said her abdomen had a small tumor. It was benign, but she needed surgery now and after surgery she could stay at the hospital for three days. So she stayed at the hospital and a doctor and nurses took care of her. The nurses walked around and treated the patients and they were nice, merry, diligent, hard-working, and they smiled at the patients.

After three days she felt good and she could go home. I still remember her doctor's name was Doctor Muscovite. He was nice and responsible. One day before my sister went home, he reminded her to take care of herself and eat fresh food fresh and vegetables and exercise and remember to take her medication.

This was my experience at the ER. I am very thankful for the doctors and nurses in the hospital.

## **Sophia Wang**

### **My First Baby**

I had my first baby in 1966. In my memory, I went for a walk in the street with the breeze blowing in the dark night. I felt a little uncomfortable in my bottom and my water broke. But at that time, I didn't have any experience with that. I thought maybe I had eaten too much chicken soup at dinner. I went

to the toilet in the park again and again, and the urine kept going down through my pants into my shoes. “Why? What is happening to me?” I asked myself.

I went to the hospital emergency room in a hurry for help. I rushed to the front desk, asking a nurse about my peeing situation. She gave me an order to lie down on a bed for a rest in the hallway. “Your water broke,” she said, “but your baby is on the top of the stomach. So it isn’t ready to be born.”

I followed her words and lay down on a canvas bed. And then I had time to look around. It was a chaotic state: crowded patients, pacing relatives, and a busy nurse in the distance. Near me, some were moaning in pain, some sleeping, and some were shouting. Suddenly, I shouted too. Pain! Pain! A lot of pain came from my bottom in a moment of natural violence, then came calm and peace. I was really scared of what was happening to me!

Someone helped me find a nurse who just said, “She’s only seven months pregnant. The baby won’t be born. Make her relax.” Suddenly I shouted once more, then calmed down. That was an experience. It twisted me again and again and I almost suffered to death. What an evil! I was frustrated and screaming loudly.

Some people around me carried me in the canvas bed to the delivery room. Suddenly I felt something dropping out of my bottom before the nurses came. I was exhausted and my senses were hazy and I heard a nurse saying “You gave birth to a daughter” and placed her on my chest for a while. I was very happy at that moment. I felt I was a really lucky mother in the world. No one could compare with me. I was really proud of my beautiful baby. I had to call my busy husband. One nurse said, “He is waiting outside for you and although your baby wasn’t ready to be born, she is healthy and active.” That was true. I heard my baby crying loudly.

## **Zu Jia Wang**

### **In the Emergency Room**

Ten years ago, I had an experience at the emergency room in St. Vincent Hospital on West 12<sup>th</sup> Street.

One day in late April, 2004, I felt cool. I thought I had a cold. Then I took over-the-counter Chinese medicine that I used to always take.

On the second day, I went to my family’s doctor’s office and got some American prescription medicine.

On the third day, that was Friday, I didn’t feel better. I had to go to see the doctor before the weekend. The doctor saw I had a lot of red spots all over my body. He sent me to St. Vincent Hospital for a further check. The emergency doctor thought I was allergic to medicine, and I might have a contagious disease. They sent me to a single room for one week, then sent me to a general room for one week.

The first night at the hospital, two intern doctors took a spinal tap from my back spine for a test but they failed to get any spinal fluid. On the second morning, an experienced nurse took it very successfully. In the hospital, they invited doctors from different departments to meet me. They gave me hormone therapy which made me lose hair. They gave me milk to drink, but I am allergic to it. I had a bad time in the hospital.

Finally, my insurance company, Oxford, refused to continue to pay. The hospital let me leave right way although my feet were swollen. When I got dressed, I found someone had stolen my money, more than one hundred dollars.

I still don’t know what was wrong with me. My family doctor told me I had a critical and dangerous disease. Anyway, I am still very grateful to the hospital, doctors, and nurses. I thank them for curing and taking care of me.

Five years ago, St. Vincent Hospital closed due to a debt of about ten million dollars to the government. Someone who worked in the hospital told me they wanted to transfer to the housing business.

## **Joyce Wei**

### **Hospital in China**

Last spring, it was time for the usual check-up in our company. As usual, my co-workers and I went to the hospital at 6:40 AM. When I finished all the items, I added another item to check. That was the nose CT scan. Because at that time, I used to sneeze and have a runny nose. I thought maybe there was something wrong with my nose.

I knew about the nose check-up. There was two ways to know the details. One was a conchoscope. It was cheaper, but uncomfortable. Another was a nose CT scan. It was more expensive, but it was comfortable and clearer. So I chose the nose CT scan.

Several days later, I received the results, and I took the report to the hospital again. I asked the doctor about my nose. The doctor looked at my nose CT report, then said, “Oh, this nose CT report is not clear. I suggest that you get another test. It’s called a conchoscope. I think it can be clearer.”

“I know the conchoscope,” I said. “Last year, my mother felt uncomfortable in her nose, and at first, the doctor suggested that she get a conchoscope. When the doctor saw the conchoscope report, she said it wasn’t clear, so my mother needed to get the nose CT scan. My mother was upset and she asked the doctor why she hadn’t done the nose CT scan first. But the doctor said, first of all, that she thought from the conchoscope she could know what was wrong in my mom’s nose. She just wanted to save money for the patients. But today, why did you say the nose CT scan is not as clear as the conchoscope? I feel confused.” The doctor listened to what I said, but the doctor had nothing to say. After a short while, the doctor said, “Maybe you have nasitis.”

In China, I hated going to the hospital because I knew even if there was a little problem, the doctor would suggest that you get a lot of tests. At last, the doctor would tell you what happened. We knew a doctor’s salary depended on how much medicine they sold and how many tests they ran. The doctors wanted to make more money from the patients, so their relationship is not friendly. As a patient, I didn’t believe the doctor. Every time I planned to go to the doctor, I had to do a lot of research. When the doctor suggested some test that was not logical, I could say no.

## **Qian Zhou**

### **My Father’s Surgery**

When I was twelve, my parents left me and my sister at home for about a week because my dad had to get an operation. I was too young to know what was wrong with my father. Until two years ago, when my father had to get surgery again because he had high blood pressure and when he had a check-up, the doctor said there were two tumors in his blood vessel which made him have high blood pressure.

The doctor said, “It is difficult to do this operation. The tumors are on different sides. I can just take out one in one operation.” There was also a high risk because when he took the tumor out, the blood pressure would slow down fast. It was dangerous for my father. We were worried about that. My mom was upset and then she went to talk with the doctor alone. After that, the doctor changed his attitude, said “Don’t worry about that. I will try my best. Your operation is tomorrow. Have a good sleep.”

My dad’s operation was at 8:00 a.m. The operation lasted about five hours. It was a long time for us because we were upset—until the nurse called my father’s name and let us see the tumor that was cut from my father’s body. The surgery was a success.

After the surgery, my father could drink water or soup only. And he had one more surgery one month later. He was a little weak to have more surgery, but after that he felt better than before and his blood pressure became normal. Our family was excited about that.

## **Yun Jin Zou**

### **Health Story**

When I was in elementary school, I was overweight already. I did not have confidence to do anything. Teachers laughed at me and my classmates laughed at me because I was overweight.

At that time, I became lonely and unconfident. I did not like that feeling, but I do not know why, maybe being overweight changed my way of thinking.

I began my healthy lifestyle. I planned my meals. I had one egg and a cup of water and bread for breakfast, and I had rice, cauliflower, and soup for lunch. Before dinner, I had to do one or more hours of exercise to keep my health and lose weight, day by day and night by night.

I still exercise now. It's good for a healthy lifestyle. I like to exercise. Exercising can help me feel happy and confident because my body changed for the better, and I became friendly.

I will keep my healthy lifestyle my whole life and persuade my friends to like to exercise like me. Exercising alone is so boring, so I want to make more friends in the gym. They will make me motivated to exercise. Health is very important for everyone. You should keep healthy and make money.