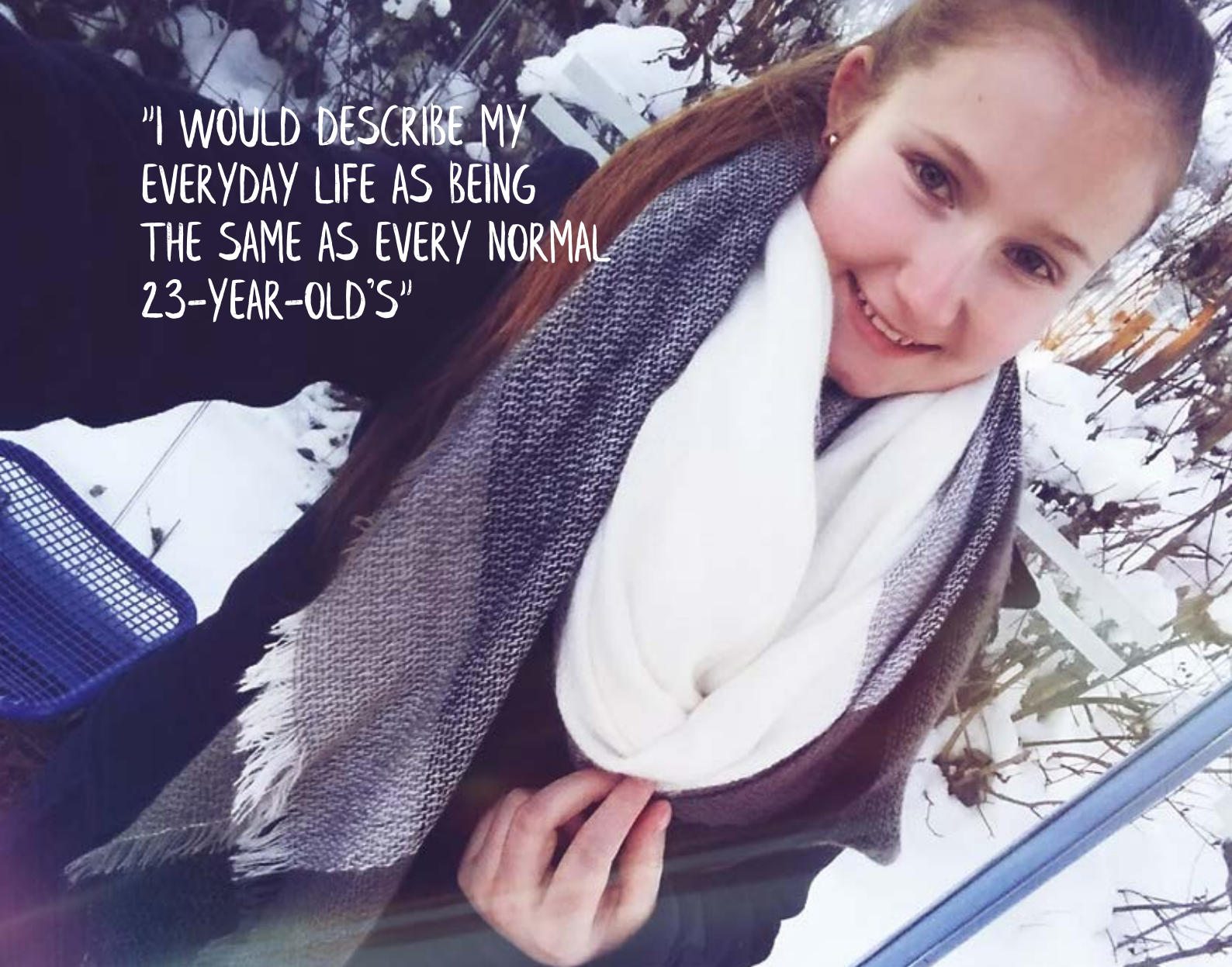


"I WOULD DESCRIBE MY EVERYDAY LIFE AS BEING THE SAME AS EVERY NORMAL 23-YEAR-OLD'S"



NATHALIE'S STORY

I come from beautiful Lower Bavaria and I work for a general practitioner, having completed my secondary school diploma and a medical assistant apprenticeship.

During my childhood, I had recurrent bowel infections. After several operations, I now have only one metre of small intestine left. As a result, only about half of the calories in my diet are converted after every meal. Of course, that would be far too few calories. That's why I now receive this nutritional therapy, to ensure that I get all the important substances that my body needs, so that I have the strength to enjoy life again.



Age of patient
23 years old



Reason for home artificial nutrition
Genetic defect leading to recurrent bowel infections and intestinal surgery



Length of time of treatment
22+ years



Country
Germany

NATHALIE'S STORY

DESCRIBE YOUR DAILY, WEEKLY ROUTINE INCLUDING HOBBIES AND ACTIVITIES:

My daily routine during the week usually begins with a sleepy walk to the bathroom, after which I remove my intravenous catheter.

After I have eaten something and taken some tablets, I set off for work. After work, I like to meet up with friends for a coffee, go for a walk with my boyfriend or enjoy time at home with the family. In the evening, I have to hang up my infusion so that it will be ready by the next day in the morning.

I love drawing, reading and playing football. For two and a half years now, I have played as a striker. I attend a fitness class once a week to improve my endurance and muscle strength. I do all the exercises and I am not really limited. Sport is very good for the digestion, because mine works a little bit slower than usual.

My weekend definitely starts with a late sleep in. I'm not much of a morning person and I always need 15 minutes after getting up before talking to someone. I love going hiking with my boyfriend and friends. I don't mind if we relax around a lake or take a strenuous walk to the top of a mountain. In summer, I often go swimming at a lake and often take an infusion needle with me and make sure that I only go into the water up to my navel. In winter, I like to go to the cinema, where salty popcorn is a must. In the evenings, I like to go out for a nice dinner with my friends and then go dancing and partying (in summer, folk festivals are my favourite).



WHAT ADVICE WOULD THE PATIENT GIVE TO NEW PATIENTS?

You should never lose sight of your goal, no matter how hopeless the situation sometimes seems, because at some point, in retrospect, you will understand why exactly this happened to me. If you never lose sight of your goal, you will see the reason why you keep fighting. As the saying goes: "Fall down, take a break, recharge your batteries, get up, straighten the crown, keep going".

