

ANJA'S TB STORY: A GRUELLING MARATHON

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I was feeling under the weather for quite a while but my doctor dismissed it as a virus. I went to run the marathon des Sables in the Sahara and was very ill there, feverish, sick, coughing blood, unreal night sweats. A week later we finished and were at the hotel where it just got worse and worse. I couldn't get out of bed.

When I got home to the UK my boyfriend contacted the doctors for an appointment. I got diagnosed very quickly, I had cavitation in my lungs, and quite a large cavity in one of them, which explained why I'd been in so much pain!

I should've been on treatment for six months but my liver went crazy early on so I was isolated in a hospital unit for 11 days and had all sorts of prodding and injections and such. So it was a bumpy start. They extended my treatment, to ten months!

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I've had my ups and downs with it, I infected a lot of my loved ones and unfortunately my mother also fell ill with TB. Side effects have been a challenge but I'm getting back to myself now.

- I'm starting to exercise again. So I guess in a nutshell I have experience of:
- treatment complications and extended treatment time
- isolation
- guilt over infecting others
- what it's like to go back to work and find that difficult
- side effects, and handling them
- coming out of the down times and starting to see the light at the end of the tunnel

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