

## CHAPTER 5

# *Good Health*

**W**hen a woman has children (especially four at once), most of the time her worries are about the children's behaviour, education and their health but her own health, until it really becomes a problem, is put to one side. 'Tomorrow' will do for that ache, pain, rash or headache! I was the perfect example of that strategy until my periods grew so frequent and heavy that it became embarrassing to me and on a rare visit to the doctor, on my own account, it was discovered I was extremely anaemic. No wonder I was always continuously tired and irritable (I thought the irritable bit was my usual self but it looked as if I may have had an excuse, how wonderful!).

On further examinations, you know what these doctors are like once they get their hands on you, it was found I had several seriously large fibroids which were the cause of my heavy periods and the attendant abdominal pains. It was decided I must have a hysterectomy operation.

I'm sure if left to my own devices I would not have bothered to have anything done but once knowing it must, and was going to be performed I became quite happy about the whole affair. Life would be so much easier without periods to contend with and of course I would have no further worries of again becoming pregnant. This had always been in my mind when Charles and I made love and I really was not very co-operative in the bedroom. It would be a great relief for me to know that I was 'safe' and hopefully Charles and I could regain the previous satisfaction our love-making had always provided for us.

Obviously there were major decisions to be made regarding the care of the children as it would be several weeks before I would be dashing around once the operation had been performed. My relations and friends once again proved how wonderful they all were and before I knew it arrangements had been made about which I was more than satisfied, and the children were delighted they were going away on 'holiday'. I think mostly they liked the idea of being separated for a while