

Medical Tale (Continued from page 16)

cally with a total of 5 incisions with the longest one being less than 3" long. This meant the surgery took a lot longer than they originally planned, in fact it was almost 6 hours and I wasn't out of surgery until 1:30 P.M. that day.

After spending just one night hooked up with an IV and oxygen they removed all of that the next morning and I was actually up for my first walk by 10:00 A.M. that day. After that I was taking regular walks and even went to the hospital cafeteria with my wife that same night. My incisions were healing very well and my pain level was tolerable for the most part although the Vicodin I was being given didn't set well the few times I took it on an empty stomach. In total I spent only three nights in the hospital and was able to go home on January 9. The first week or so I was sleeping in our spare room as I adjusted to being at home, dealing with the pain medications and just the general fear of moving the wrong way or my wife accidentally hitting the incisions. After a short time things were back to normal.

The weather was great so I was able to walk almost every day after returning home. I think this helped my recovery time greatly. I had my follow up with Dr. Norton on January 28 and he was very pleased with my recovery, perhaps even a bit surprised at how well it was going. I asked him about returning to work and he told me to try it and see how it goes. I was back at work in my office only 25 days after my surgery. I'll admit my side got a little sore sitting at my desk those first few days but after that everything seems to be recovering nicely.

My long-term prognosis is very good. While MEN1 is something I will need to live with the rest of my life I think of it as just another lifestyle adjustment I need to make as I get older. Because my surgery went so well and everything was detected so early my next follow up will be a CT scan sometime late this year to make sure there are no new tumors showing up.

In summary I guess there were several lessons I learned during this whole experience. Those lessons were:

1. Always consider getting a second opinion on any major medical decisions. Remember it is your life and you need to do what is best for you.
2. Don't be afraid to ask questions if you have them. If the answers you hear make you uncomfortable ask more questions or seek another opinion.
3. Be comfortable with those that will be treating you. I can't begin to describe how much better I felt when I met with the doctor who eventually did my surgery as compared to the first doctors I had met with.
4. Do everything you can to maintain a positive attitude. It can be very difficult at times but a positive attitude will help get you through the tough times. Keep your life as normal as possible and spend lots of time with those you love.
5. Don't be afraid to share your story with those around you. If I hadn't shared my medical information with my family and others I would have never gotten connected with the Hageman Foundation that made sure I got to the right medical center and the right doctor to get me the best care possible.
6. Have faith and seek comfort in prayer. I know I had hundreds praying for me during my diagnosis, surgery and recovery and have no doubt that it was a huge factor in me getting through all of this as well as I did both emotionally and physically.

Thank you for listening to my story. I hope it can give hope and inspiration to those who may be facing similar circumstances now or in the future. I want to thank all the doctors and medical personnel who helped get me through this. I want to thank all my friends, family, co-workers and those who had never even met me who prayed for my recovery. My most special thanks and love to my sister Sharon who shared my story with my cousin Linda at the Hageman Foundation. Without the assistance of the Hageman Foundation my outcome would most likely have been quite different than what it is today.

Editor's Ramblings

Brian Nettz, CGCS

Hello everyone. There are a couple of new and interesting things for TTG this month. We are happy to have these non-traditional items. First, a rebuttal from Gale Love, Class A life member from Alta Sierra Golf Course. Thanks for the rebuttal, Gale.

Second, the answer to a question I heard a couple of dozen times at the annual meeting, "What happened to Gary Carls?" This is the real deal, a candid and sobering view of Gary's ordeal and triumph over Multiple Endocrine Neoplasia Type-1. It's about this time of the year when things are firing way up, rounds are up, temperatures are up, cost of goods is up, expectations are up and tempers are up. We get the same old yada yada about enjoying life and not taking it so seriously. Well my friends, this article is sure to inspire us all to take the yada yada a bit more seriously. Things could have turned out very differently for Gary, so let's heed his advice and listen to our bodies and make regular medical visits happen. Thanks, Gary! Also, our prayers are with you.



Ace

Greg Hall, Supt. at McGinnis Park up in San Rafael, made a hole-in-one at Stanford GC on the 17th hole (185 yards.) It was witnessed by Ken Williams, John Grund (the sprinkler yardage guy) and McGinnis Park General Manager Erick Jensen.