

## The Way We Were

“Could it be that it was all so simple then?

“Or has time re-written every line?

“And If we had the chance to do it all again?

“Tell me “WOULD WE? COULD WE?

Who would of thought all those years ago how Prophetic that song would become for many of us?

Earlier this week my Dr and CPN (Psyche nurse) decided to double my Exelon to 3mgs to take twice a day as well as my Ebixa tablets I already take. In the run up to Christmas or anytime this is a worrying trend. I was only given the Exelon to take with my other med`s a month ago and now they deemed fit to double it already. Now don't get me wrong, anything thing that helps keep me well for a bit longer is all GOOD!! But I am at that stage where I still know most of what's going on around me, and they must have doubled my meds for a reason and not just for fun!!

I wonder how many others in my position are going through this same uncertainty and worrying about the future. I found when they visited me earlier this week I sat there opened mouthed as Elaine explained to them how I had been, as I have absolutely no memory of it!! To be sat there hearing about things you have done and said and not remembering a thing is, without a doubt, one of the worst things that happen.

My mind starts to race asking questions at every turn” What if`s” spring into my mind one after another and before I know it I am almost having a panic attack!! All the worst possible scenario`s involving Elaine and my family race through my mind and I feel as if I want to scream STOP!!!!

Eventually people around me hear me breathing deeply and see the worried look on my face. Without more to be said Elaine looks at me, smiles and just nods, which I know means “All will be OK” “I smile a confident smile back” but deep inside, somewhere deep within, is a fear that one day I will say or do things that

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## Thoughts by Norrm's Mcnamara

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will hurt my wonderful family, and for that Dementia I HATE YOU !! I HATE YOU more that any written or spoken word could ever explain!! HOW DARE you make me feel like this, HOW DARE YOU put my family at risk like this!! I have never hated anything in my life as Hate is a very strong word, but the hatred that wells up inside of me for you, YES YOU DEMENTIA, will I promise be fully directed at you for as long as I have breath in my body, and never at my family and friends!!!

And come the day when a cure is found, and I sit there with the biggest smile in the world on my face, the hatred for you will disappear from my heart and be filled again with love and laughter, and the memory of you will be gone and long forgotten !!!!

Norrms and family xxxxxxxx

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