



Yasmin Hrusch

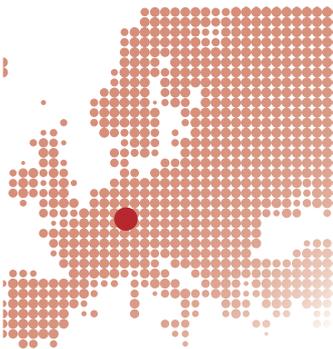


Photographer Nicole Herzel

Expecting



Fun at the zoo



**Yasmin Hrusch
Germany**

My name is Yasmin Hrusch, I am 33 years old and live in Reutlingen with my husband Philip. We married in 2011 and my son Felix was born in March 2013.

I competed in the Edgar Stene Prize Competition in 2003 when the topic was about how difficult it was to find suitable work. Since then, I have found work as a teacher in a special needs school.

I have been ill with scleroderma and rheumatoid arthritis since 1993.

My essay is a conversation I imagine having 30 years from now with a grandchild that I might have.

Gaining control

“Granny, why have you got such funny hands?”

“Because I’ve got rheumatism.”

“Granny, what is rheumatism?”

“It’s an illness. You know, like when you have a sore throat and your throat is inflamed. My hands used to be inflamed and that’s why they look so funny now.”

“Granny, does it hurt?”

“When your Daddy was still a baby, it used to hurt me then. But it has got a lot better and there are lots of new medicines which really help. The Rheumatism app that I’ve got on my smartphone helps as well. Look, I just have to place my thumb on the display and wait a bit and then the mobile tells me whether my blood is all

OK or whether there is inflammation in my body. The app then tells me exactly what medicine to take and how much I must take. This means that I don’t have to keep going to give blood samples.”

“The Practice app shows me when the doctor is free”

“Granny, don’t you have to go to the doctor any more?”

“Oh I do, but not as often as before. The doctor gets all the results from my Rheumatism app via the internet. If I want to ask him something, I can also send him a message via the Doc Messenger app. Sometimes my Rheumatism app lights up red to tell me that I must make an appointment to

see the doctor. Look, this is the Practice app which shows me exactly when the doctor is free for an appointment with me.”

“When will the rheumatism go away?”

“Granny, when will the rheumatism go away again?”

“I am afraid that it won’t go away from me, but even so I am well. There are even some things that I can be grateful to rheumatism for, because I’ve got to know some really great people because of the illness. You know, don’t you, that many of my friends have rheumatism as well.”



Our wedding



Walking by the sea



The new family member

“Granny, when will I get rheumatism?”

“I really hope that you won’t get rheumatism. But even if you do, it won’t be so bad. Nowadays, doctors learn lots and lots about rheumatism in their medical studies. Not just doctors that specialise in rheumatism, but children’s doctors as well, for example. And that’s why rheumatism is found in children much quicker than it used to be, so the doctors can help much better as well.”

“There are some things I can be grateful to rheumatism for”

“My physiotherapist has loaded some exercises on it for me which are good for my joints”

“Granny, what are you doing there?”

“I’m linking my mobile to the TV. Now I’m starting my Gymnastics app. My physiotherapist has loaded some exercises on it for me which are good for my joints. So that it doesn’t get so boring for me, she has thought up a game for every exercise. For example, I’m supposed to move my shoulder joint and can now play tennis against the computer.”

“Granny, I want to have rheumatism as well!”

“Nowadays, doctors learn lots about rheumatism”