



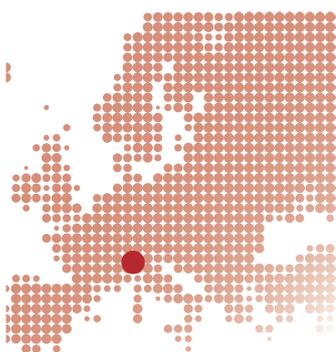
Emanuela Pavia



Hiking at Lac de Pignu



With my husband on our USA trip 2012



**Emanuela Pavia  
Switzerland**

My name is Emanuela Pavia. I am 40 years old and live in a little town called Niederhasli in Switzerland with my partner. I work in Zurich organising business trips. I love travelling and do this together with my partner.

I learned about the competition from the Swiss "forumR" where the Edgar Stene Prize was featured end of 2013.

I have trouble sleeping and am often awake during the night. Writing helps me to overcome fear and difficult situations. My therapist likes my writing and encouraged me to participate in the competition.

# Getting back on your feet

**“My life has turned on its head!”**

**“Then put it back on its feet!”**

**This is what I was told at my second consultation with the rheumatologist I had been referred to. I was completely flabbergasted! How was I supposed to make that happen? I could hardly move! I had no strength, just pain in my whole body! I walked slowly, so slowly in fact that I could see the grass grow.**

The illness enveloped me in a gradual stealthy process and, for two years, has had me firmly in its grasp. The illness began quite harmlessly – itching in the face, a sore throat, salmon-red spots on the body, high temperature. Two days later, I felt severe joint and muscle pains throughout my body.

At first, antibiotics were prescribed. My blood counts deteriorated and so my GP decided to refer me to hospital. Quite fortunate, given the circumstances – Still's disease was the diagnosis of the duty emergency doctor. She told me it was quite a rare rheumatic illness. After a stay in hospital of just two weeks, I was discharged and returned to my everyday life – a life that I had to restructure. Simple everyday routine activities became quite a tussle!

How can a person cope with such an experience?

How does a person deal with this sort of diagnosis?

After my second visit to the rheumatologist and his statement that I should put my life back on its feet, I realised that the classical school of medicine was one of the potential routes towards recovery.

**“I put on a mask and got on with everyday life”**

In Ayurvedic teaching, rheumatism means “the lake of solidified tears”. Healing would

only be possible if the illness were seen from its mental aspect as well. The diagnosis and this description became my ticket for the journey into my past.

My father died when I was 15 years old. I didn't have time to mourn – I had to play my part for my mother and for my small sister. A key feature of my childhood and adolescence was accepting that I had to take on the responsibility for roles and decision making for family members while I was still much too young.

Day in, day out, I put on a mask and got on with everyday life.

My body sent various signals that this was all too much, but I ignored them or treated the pains with tablets. My life was something of a roller coaster until quite recently – work, family, relationships, friends, food and health. Until my body pulled the emergency brake, snatched the rudder to my life out of my hands and decided... not like that!

**My vision for an ideal world for people living with rheumatism in the year 2043...**

The new “health glasses” that have recently appeared on the market (in 2013 they are called



Beautiful Salzburg

“Google Glasses”) review my state of health when they are put on. Naturally, the doctor had configured them for Still’s disease and the related condition called rheumatoid arthritis with my personal data. My sleeping rhythm is transferred to the glasses during the night by a little transmitter and, early the next morning, the device recommends some yoga exercises to me.

## “The device recommends some yoga exercises”

To accompany this, I drink my Ayurvedic health tea and, afterwards, I take the medication I have been prescribed. Internet research is no longer necessary because I can talk to my glasses. If I feel pain, I make an enquiry and straightaway I receive a recommendation to take a short break and a suggestion for a suitable lunch, made up of pain-inhibiting food.

Nowadays cars drive themselves, which is a relief for

people with rheumatoid arthritis. Mobility, whether it is for shopping, going for treatment or to the doctor’s, or for meeting people with the same frame of mind, is guaranteed. Even in the year 2043, mobility is of course indispensable. After the morning yoga exercises and a brisk walk at noon, my “health glasses” tell me my evening programme. All the data is recorded by the glasses and evaluated straightaway – for example diet, exercise, breaks, time spent at the computer, and how quickly a task was accomplished.

One recommendation was to watch a film of a romantic love affair on a home cinema screen because my feelings have got bottled up. That would enable me to laugh or cry unrestrainedly for a few minutes and give my feelings free rein.

Another time, a running programme was put together for me including power music from the iPod to encourage me to achieve my daily workload and strengthen my endurance. Sometimes my glasses even recommend having an hour of shiatsu therapy so that my energy channels are brought back into equilibrium. Psychotherapy is also supplied

by the glasses. The psychotherapist defines a set of key data which is stored in the glasses.

## “Even in the year 2043, mobility is of course indispensable”

The doctor is always nearby if there is the threat of my readings plummeting. If the counts worsen, a consultation with the doctor is arranged at once. In 2013, doctors used to ask their patients how they were when they entered the consulting room. In 2043, the glasses are removed and connected to the computer giving the doctor all he or she needs to know about my state of health. Future procedures are gone over in a short discussion and I am sent home with an adjusted configuration.

Despite the “health glasses” having become an established part of the market over the past 20 years, the person with a rheumatic disease should be supported on all levels – physical, spiritual and mental. Holistic treatment should start

while the patient is still in hospital. Every person is an individual and carries his own bag of stuff around, filled with various unresolved problems, spiralling and unsatisfied behavioural patterns and stagnant areas of endeavour.

During the course of a detailed consultation, a doctor or psychotherapist could establish where the knots and blockages are in a person’s physical and mental makeup. The restricted consulting hours that doctors have in hospitals and in their practices make full and complete therapy impossible. This is why everyone should be offered conversational therapy and physical therapy in addition to the “health glasses”.

Complementary medicine should not be disregarded in the year 2043 either.