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## My health in the Philippines

Posted by firefly550 - 2009/04/10 12:23

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I want to share my life with all of you since arriving in the Philippines. I have been here for a month already and since arriving here my health has gone downhill. I am diabetic and when i left South Africa my health was perfect. I take my sugar everyday using a glucometer and the reading on average is 25 or 450 and normally it is 7 or 126.

I did start eating rice here but in small quantities well a cup with all meals. The problem is that the rice is so rich in carbohydrates that this is the reason why my sugar is so high. My fiancée sweet marsha who is always very concerned with the way i look noticed many welts all over my body and it itched like hell, i thought i had Dingue and eventually managed to persuade me to see the doctor little did i know that she had arranged an appointment with a Diabetic Specialist.

The doctor gave me a full examination but for some unknown reason my sugar was extremely high on this day 612 and bordering on a diabetic coma well thanks to my honey she prevented me from being admitted into hospital. Filipinas are so wonderful, loving and caring toward their partners.

After the examination my doctor a woman doctor i may add told me that after 25 years of having diabetes i now have to include insulin in my meds and now i have become insulin dependent too and sweet marsha administers the shot for me because i am too scared to inject myself lol.

The welts i thought were caused by mosquitoes but in actual fact it was from the increase in sugar in my body, thanks to modern medicine there are a number of anti itch remedies and creams to dry up the welts

So doctor says to me to stop smoking and no more rice, makes sense :) But i love the Philippines sooo much it is such a great place to be and i have met so many people and have more friends than i ever had at home :)

[http://www.myhinigugma.com/images/fbfiles/images/Firefly\\_Siggies\\_039.jpg](http://www.myhinigugma.com/images/fbfiles/images/Firefly_Siggies_039.jpg)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/04/11 05:16

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Now the itching has started and wherever i itch big welts show up all over my body so Marsha bought some Calamine lotion and applies it all over my body because you just don't know where the itching will start next. The itching is caused by high sugar in the blood :(

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## Re:My health in the Philippines

Posted by firefly550 - 2009/04/14 12:11

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I'll be away for a while because i'm being admitted to hospital today for observation my diabetes is totally out of control. Strange because i have a diet of vegetables and fruit only. See you all soon :)

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## Re:My health in the Philippines

Posted by Turk - 2009/04/17 18:03

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Please take care and keep us updated if you can.

Praying for you

Tom

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## Re:My health in the Philippines

Posted by firefly550 - 2009/04/17 18:46

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Thank you Tom i appreciate that. I was admitted to emergency on wednesday because i looked awful and felt it too. Thank goodness for sweet marsha otherwise i would not be here to tell the tale. I spent 3 nights in ICU with my honey there with me in a private clinic with a private room and being charged special(Kano)rates:laugh: More on a serious note my diabetes was totally out of control, there are more red cells than white cells, total percentage body oxygen 63%(98%)and a host more problems and i had a check up in SA just shows you how thorough doctors are these days, i actually feel better now than i did when i first arrived in the Philippines, any one that tells me that Philippine doctors are of a low standard again may just be punched on the nose lol(just kidding)

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### Re:My health in the Philippines

Posted by firefly550 - 2009/04/18 02:34

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One thing though i did miss my little boy sooo much and tried all the time to see his smiling face in my mind :)

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### Re:My health in the Philippines

Posted by Turk - 2009/04/21 15:53

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Well, glade to hear your feeling better now.:)

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### Re:My health in the Philippines

Posted by applebite - 2009/04/21 18:45

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Mike. you should take care of yourself and have a regular check up. Diabetis could be fatal if you take risk of not knowing what not to eat or take at your meals. Remember you are in the Philippines and you need to find a doctor whom you can relay your health history and could prescribe you medicines you really need.

It is also important to get a third opinion.

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### Re:My health in the Philippines

Posted by firefly550 - 2009/04/21 22:55

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I go to a diabetes specialist Apple and she takes good care of me so far :)

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### Re:My health in the Philippines

Posted by applebite - 2009/04/21 23:15

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It was surptising to see you on webcam today Mike. you lose weight a lot. You said about 20 lbs.

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### Re:My health in the Philippines

Posted by firefly550 - 2009/04/23 01:04

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I lost 20 kgs not 20 lbs Apple and this was because of me being so ill my first month in the Philippines

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### Re:My health in the Philippines

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Posted by applebite - 2009/04/23 02:03

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firefly550 wrote:

I lost 20 kgs not 20 lbs Apple and this was because of me being so ill my first month in the Philippines

Sorry. I do not have my eyeglasses on Mickey.  
what I mean is 20 kilos.

I assumed it is also because of the heat.

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## Re:My health in the Philippines

Posted by firefly550 - 2009/04/23 14:12

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Oh my gosh Apple you're not wearing eyeglasses for reading are you? Hehehe only joking i wear them too. Could be the heat too i've lost my appetite and don't really eat so much

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## Re:My health in the Philippines

Posted by applebite - 2009/04/25 03:04

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Could also be the food.

You could also teach Maricel how to prepare and cook your food.

I learned so much from Jim when he was here on how to cook a good pasta. potatoes. etc. Am a fast learner.

This is what I found out. both of us cook in low fire.

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/07 13:13

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I prefer to cook myself Apple i've been doing so all my life and anyway Maricel is busy with the baby most of the time. I did try some fish the other day and it was really tasty but most of the other's they eat here is salted and they cook it too which to me really sounds putrid, in my country they eat dried salted fish like jerky and don't cook it. I only eat chicken and vegetables and i cook on a gas range which is cheap and affordable :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/07 13:18

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Now this is one for the diabetes specialist, the rash i had on my body was not caused by diabetes but by the sun, i saw a young, vibrant filipina dermatologist who was so clued up on this infection that the medication she prescribed has dealt with it and it is gone, so now all i have is a sore back thanks to the mini cabs here which are made for filipinos who in general are short and i have a common cold ;)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/09 02:35

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Ok i have had a bad pain in my back for 5 days and after taking pain killer after pain killer i finally went to a specialist

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today who sent me for an ultrasound and discovered that the pain that i had was not a kidney stone but a very fatty liver. He prescribed painkillers and 3 months supply of something to clean up my liver and the cost of three months supply? 21,000 pesos, gosh my health cost so far in the Philippines has reached 50,000 pesos. And the reason because of all this is because Filipino food is so salty, but i only now eat vegetables and fruit, no meat and no chicken and a little fish, i can thank God that i'm still alive :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/13 13:31

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Yesterday was my birthday and i spent the day at the hospital having cat scans done. The result is that my liver is really sick and my kidney is swollen, today i will hear why. The 3 month meds for my liver costs 21,000 pesos, so far i have spent over 60,000 pesos on my health since arriving here but my doctor says that it can't get worse now, so hopefully i'm on the path to recovery :)

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## Re:My health in the Philippines

Posted by Turk - 2009/05/14 04:14

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Well i sure hope your on the right road now. What a way to spend your Birthday. Oh by the way,

HAPPY BIRTHDAY

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## Re:My health in the Philippines

Posted by applebite - 2009/05/15 01:49

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Gee! I'd been ill for a week. I thought of passing away. It was the food I ate. The banana. ( saba) and langka ( Jackfruit) . It is my favorite Filipino delicacy. turon.

I know it's late but I still wish you a happy birthday Mike.

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/15 12:10

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Thank you Apple it's really appreciated :)hope u get better soon :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/15 12:12

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Thank you Tom :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/23 23:31

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I'll be away again for a while i'm off to Cebu for a back operation, i injured my back badly a few weeks ago and up to now

their aren't any decent back surgeon's here in Dipolog. I am taking off 6 to 8 weeks to recover so please hold the fort until i'm back :)

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## Re:My health in the Philippines

Posted by Turk - 2009/05/24 16:48

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WOW..... you are having a hard time over there. I sure hope things start to turn around for you.

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## Re:My health in the Philippines

Posted by firefly550 - 2009/05/24 21:38

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I hope so too Tom i never thought that my health bill would reach 250,000 pesos in such a short time, in the meantime everyone around me is suffering, i can't even walk now darn

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## Re:My health in the Philippines

Posted by applebite - 2009/05/26 05:08

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firefly550 wrote:

I'll be away again for a while i'm off to Cebu for a back operation, i injured my back badly a few weeks ago and up to now their aren't any decent back surgeon's here in Dipolog. I am taking off 6 to 8 weeks to recover so please hold the fort until i'm back :)

OMG! MIke! You have to be careful about your health.

I wish you well Mikey! Please recover quickly as you can. We all be missing you.

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## Re:My health in the Philippines

Posted by applebite - 2009/06/09 16:35

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MyHini wishes you the best of health Mikey.

we all hope that you had recovered from your back operation.

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## Re:My health in the Philippines

Posted by firefly550 - 2009/06/23 09:30

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I think that by now i have been to hell and back and i have to retract my words that i made a few months ago regarding the doctors here, there just aren't enough really good and qualified doctors here in Dipolog City and at no fault to them it's just that there are really no decent facilities for doctors to work with.

I had a rather scary experience with a doctor here when i was in hospital in April. I asked a nurse to please instruct the doctor to give me a testosterone injection which i need for osteoporosis and for him to administer 20ml's only turns out that he injected me with 80 ml's, this has now caused permanent damage to my right kidney, so what in the beginning was a dream come true to come to the philippines has turned into a nightmare for Marsha and I. Marsha has been truly wonderful and has been a great help to me and has taken exceptionally good care of me even though never trained to take care of someone with my condition, i am truly blessed to have her in my life.

I will just have to live the rest of my life on pain killer's as there is no treatment available where hormones have been injected incorrectly :(

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## Re:My health in the Philippines

Posted by applebite - 2009/06/24 06:47

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firefly550 wrote:

I think that by now i have been to hell and back and i have to retract my words that i made a few months ago regarding the doctors here, there just aren't enough really good and qualified doctors here in Dipolog City and at no fault to them it's just that there are really no decent facilities for doctors to work with.

I had a rather scary experience with a doctor here when i was in hospital in April. I asked a nurse to please instruct the doctor to give me a testosterone injection which i need for osteoporosis and for him to administer 20ml's only turns out that he injected me with 80 ml's, this has now caused permanent damage to my right kidney, so what in the beginning was a dream come true to come to the philippines has turned into a nightmare for Marsha and I. Marsha has been truly wonderful and has been a great help to me and has taken exceptionally good care of me even though never trained to take care of someone with my condition, i am truly blessed to have her in my life.

I will just have to live the rest of my life on pain killer's as there is no treatment available where hormones have been injected incorrectly :(

I am sad and also feel sorry it happened to you.

I insist if you have time to come over for a thorough check up of your health. come to Manila.

And I am thanking Marsha for taking good care of you.

Get well Mickey!

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## Re:My health in the Philippines

Posted by firefly550 - 2009/06/24 22:45

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We will come to Manila as soon as i receive documents from the SA embassy here in Dipolog City :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/06/26 11:18

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And like most countries these can take forever, supposed to arrive this week and the letter hasn't left South Africa yet :(

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## Re:My health in the Philippines

Posted by firefly550 - 2009/06/26 11:20

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Visited the doctor here yesterday and they found that a bone is cracked below my spine, it has been recommended that i have an operation but under great risk of being wheelchair bound for the rest of my life, guess i will have to live with it now as it is and hope that osteopathy will help :)

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## Re:My health in the Philippines

Posted by applebite - 2009/06/28 17:59

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firefly550 wrote:

And like most countries these can take forever, supposed to arrive this week and the letter hasn't left South Africa yet :(

Same here. I sent a small voice tape and a letter to the US for mom telling her about my daughters heart surgery. Angela is now 16 years old and had a heart operation when she was 2 years old.

The letter has not arrived yet!:S

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## Re:My health in the Philippines

Posted by firefly550 - 2009/06/30 23:42

And what's the bet that the letter will say that i'm married already lol, because the government departments in south africa are 40 years behind in their work. But i have affidavits from friends and my lawyer stating that i have been divorced for 14 years now :)

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## Re:My health in the Philippines

Posted by applebite - 2009/07/01 18:21

firefly550 wrote:

And what's the bet that the letter will say that i'm married already lol, because the government departments in south africa are 40 years behind in their work. But i have affidavits from friends and my lawyer stating that i have been divorced for 14 years now :)

Don't they used computers to updates datas?

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## Re:My health in the Philippines

Posted by firefly550 - 2009/07/04 00:41

Yes they do but if they couldn't find my divorce certificate from 14 years ago how in heaven's name will they know whether i'm still married or divorced lol. But i am divorced now for 14 yrs still :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/07/04 00:46

I'm finally leaving for Dumaguete on Tuesday after much consideration, doctor's here can't help me and Marsha was recommended by a few friendss to take me to Dumaguete apparently they have two good hospitals there and very good doctors and excellent lab facilities, i hope that they will finally be able to give me the correct diagnoses, because here i have had three different opinion's but not one doctor is able to treat me successfully. So i have booked into a hotel and will make a holiday of it too and take some time off to look at property there as well. I hope that soon i can report back that i no longer have to live on painkillers. See you when i return which will be on the 13th July :)

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## Re:My health in the Philippines

Posted by firefly550 - 2009/07/10 21:05

I arrived back from Dumaguete today and i saw a Urologist who will treat me as the only Endocrinologist is in Manila and i won't be going that way again. I have an Anurism right next to my heart and as long as my life is stress free and i don't pick up anything then i will live, but for how long i don't have a clue. I have to go back in 10 months for a cat scan to see whether the Anurism has enlarged, but the operation has not been successful here in the Philippines so i'm not taking any risk with it. Will stay in touch :)

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## Re:My health in the Philippines

Posted by applebite - 2009/07/12 03:50

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firefly550 wrote:

Yes they do but if they couldn't find my divorce certificate from 14 years ago how in heaven's name will they know whether i'm still married or divorced lol. But i am divorced now for 14 yrs still :)

I believe you Mickey!

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## Re:My health in the Philippines

Posted by applebite - 2009/07/12 04:01

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firefly550 wrote:

I arrived back from Dumaguete today and i saw a Urologist who will treat me as the only Endocrinologist is in Manila and i won't be going that way again. I have an Aneurism right next to my heart and as long as my life is stress free and i don't pick up anything then i will live, but for how long i don't have a clue. I have to go back in 10 months for a cat scan to see whether the Aneurism has enlarged, but the operation has not been successful here in the Philippines so i'm not taking any risk with it. Will stay in touch :)

This is a scary Mike.

To give the readers a full knowledge about Aneurysm.

[http://www.nhlbi.nih.gov/health/dci/Diseases/arm/arm\\_what.html](http://www.nhlbi.nih.gov/health/dci/Diseases/arm/arm_what.html)

An aneurysm (AN-u-rism) is a balloon-like bulge in an artery. Arteries are blood vessels that carry oxygen-rich blood from your heart to your body.

Arteries have thick walls to withstand normal blood pressure. However, certain medical problems, genetic conditions, and trauma can damage or injure artery walls. The force of blood pushing against the weakened or injured walls can cause an aneurysm.

An aneurysm can grow large and burst (rupture) or cause a dissection. Rupture causes dangerous bleeding inside the body. A dissection is a split in one or more layers of the artery wall. The split causes bleeding into and along the layers of the artery wall.

Both conditions are often fatal.

Overview

Most aneurysms occur in the aorta—the main artery that carries blood from the heart to the rest of the body. The aorta goes through the chest and abdomen.

An aneurysm that occurs in the part of the aorta that's in the chest is called a thoracic (tho-RAS-ik) aortic aneurysm. An aneurysm that occurs in the part of the aorta that's in the abdomen is called an abdominal aortic aneurysm.

Aneurysms also can occur in other arteries, but these types of aneurysm are less common. This article will focus on aortic aneurysms.

About 14,000 Americans die each year from aortic aneurysms. Most of the deaths result from rupture or dissection.

Early diagnosis and medical treatment can help prevent many cases of rupture and dissection. However, aneurysms can develop and become large before causing any symptoms. Thus, people who are at high risk for aneurysms can benefit from early, routine screening.

Outlook

When found in time, aortic aneurysms often can be successfully treated with medicines or surgery. Medicines may be given to lower blood pressure, relax blood vessels, and reduce the risk of rupture.

Large aortic aneurysms often can be repaired with surgery. During surgery, the weak or damaged portion of the aorta is

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replaced or reinforced.

And the causes of Aneurysm.

### What Causes an Aneurysm?

The force of blood pushing against the walls of an artery combined with damage or injury to the artery's walls can cause an aneurysm.

A number of factors can damage and weaken the walls of the aorta and cause aortic aneurysms.

Aging, smoking, high blood pressure, and atherosclerosis (ath-er-o-skler-O-sis) are all factors that can damage or weaken the walls of the aorta. Atherosclerosis is the hardening and narrowing of the arteries due to the buildup of a fatty material called plaque (plak).

Rarely, infections, such as untreated syphilis (a sexually transmitted infection), can cause aortic aneurysms. Aortic aneurysms also can occur as a result of diseases that inflame the blood vessels, such as vasculitis (vas-kyu-LI-tis).

Family history also may play a role in causing aortic aneurysms.

In addition to the factors above, certain genetic conditions may cause thoracic aortic aneurysms (TAAs). Examples include Marfan syndrome, Loeys-Dietz syndrome, and Ehlers-Danlos syndrome (the vascular type).

These conditions can weaken the body's connective tissues and damage the aorta. People who have these conditions tend to develop aneurysms at a younger age and are at higher risk for rupture or dissection.

Trauma, such as a car accident, also can damage the aorta walls and lead to TAAs.

Researchers continue to look for other causes of aortic aneurysms. For example, they're looking for genetic mutations that may contribute to or cause aneurysms.

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## Re:My health in the Philippines

Posted by firefly550 - 2009/07/13 01:20

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I will stop smoking now too it's too risky to continue. I have a lot of pain in my back, stomach and legs and no medication strong enough here in the Phils to give me some relief. It is really scary i know but have to avoid stress, i don't have high blood pressure and the anurism hasn't grown yet

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## Re:My health in the Philippines

Posted by firefly550 - 2009/07/13 01:24

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I came to the Philippines to be with the loveliest girl i have ever met and to spend the rest of my life with her and baby Josh, can you imagine how shocked i was when the specialist shared his diagnosis with me last Tuesday?? Gosh it has turned my world upside down and Marsha is devastated too. I just have to do what the doctor told me and be very careful now

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## Re:My health in the Philippines

Posted by applebite - 2009/07/13 05:25

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firefly550 wrote:

I came to the Philippines to be with the loveliest girl i have ever met and to spend the rest of my life with her and baby Josh, can you imagine how shocked i was when the specialist shared his diagnosis with me last Tuesday?? Gosh it has turned my world upside down and Marsha is devastated too. I just have to do what the doctor told me and be very careful now

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You are in good hands with Maricel. All you have to do is follow the doctors prescription, and most of all, your faith will heal you up.

Don't lose hope.

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## Re:My health in the Philippines

Posted by firefly - 2009/09/05 15:20

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I'm ok now thank goodness except for a pain i have on the right side of my body in my stomach but it could be from the bladder infection. If only i had gone to the public hospital in the first place i would have been better a long time ago but going to different doctors first of all cost me a fortune and secondly none of them could really help me, except for the doctors of Zanorte Hospital in Sicayab who were so wonderful to me or my three day stay and who were very concerned with my condition and made me comfortable without any special services and treated me as if i was a filipino because i paid the same as anyone else and they treated me as an equal instead of a foreigner, i really praise and thank the staff and doctors who were really so nice and kind and at the end of the three days the bill was reasonable so unlike the Dipolog Medical Centre a private hospital with shocking nursing services and a doctor overcharging me by 2000% last time i'll go there.

My total bill for 4 months of health care and medication came to 170,000 pesos. But my lovely Marsha was the best of all a true filipina and now i really know how special filipinas are and how much i respect them and love them, she never left my side once. Thank you Marsha i love you so very much honey xox  
[http://www.myhinigugma.com/images/fbfiles/images/Firefly\\_Avatars\\_042.jpg](http://www.myhinigugma.com/images/fbfiles/images/Firefly_Avatars_042.jpg)

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## Re:My health in the Philippines

Posted by firefly - 2009/09/05 15:26

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I have been assured by the doctors at the Zanorte Hospital and the radiologist that the aneurysm is no threat at all and the doctor in Dumaguete who told me that my life was at risk should be jailed for life, only thing today is that doctors have a new role they like to play GOD

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## Re:My health in the Philippines

Posted by firefly - 2009/09/11 15:28

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I still have a slight back pain but now feel as good when i first arrived :)

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## Re:My health in the Philippines

Posted by firefly - 2009/09/17 01:59

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firefly wrote:

I still have a slight back pain but now feel as good when i first arrived :)

I need to go to Cebu for an MRI but it costs 30,000 pesos and of course air tickets for two but soon i have to go there for my honeymoon and buy my wife to be a motor car so will see a doctor as well. I have a strange pain in my stomach and my back

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## Re:My health in the Philippines

Posted by firefly - 2009/11/07 20:49

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No need to go to Cebu after all the master of shiatsu that i went to here fixed me up with one treatment, no more pain

killers and no more doctors lol, but will continue to see him once a week

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## Re:My health in the Philippines

Posted by Coastie - 2009/11/08 00:00

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Firefly, WOW what luck. Hope your better.

When I lived there, my health improved. Lose of weight, was able to come off of blood pressure meds. Anyway I think I need to go back so my health will improve again. Guess it a different kind of luck.

I was put into the Hospital once there for a kidney stone and I was shocked how much I paid. Here in the States the Cost would be \$10,000.00 there 5000 pesos, \$100.00.

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## Re:My health in the Philippines

Posted by firefly - 2009/11/09 09:59

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You will be shocked now at what it costs, still cheap at 80,000 pesos but when you're living here you start to count the pennies :)

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## Re:My health in the Philippines

Posted by firefly - 2009/11/16 14:38

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I must be accident prone here lol, i just walked outside this morning and had a nasty fall i slipped on the fungus caked concrete walk way and hurt my back, hand and arm, just waiting for marsha to get back from town to take me to the hospital for x-rays :)

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## Re:My health in the Philippines

Posted by applebite - 2009/11/20 14:33

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firefly wrote:

I must be accident prone here lol, i just walked outside this morning and had a nasty fall i slipped on the fungus caked concrete walk way and hurt my back, hand and arm, just waiting for marsha to get back from town to take me to the hospital for x-rays :)

I do not want to see you walking with a cane but did you know man who walk with a cane projects a happy healthy and wealthy life.. that is how I picture a contented man in his life.

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## Re:My health in the Philippines

Posted by firefly - 2009/11/21 12:17

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Maybe not a bad idea to get a cane so that i can smack these bad drivers :)