

2014

February: Diagnosed

April: Cardiac involvement confirmed. Will work full-time while taking treatment.

May: Began chemotherapy involving velcade, cyclophosphamide and dexamethasone
Taking a wealth of medication: ondansetron, valtrex, lasix, pantoprazole, and more..
At first adverse reactions, heart not tolerating very well, trips to emergency. Dosage adjusted.

June: Cardiologist's prognosis for survival bleak: 12 to 24 months without bone marrow transplant.

Amyloidosis expert and hematologist more optimistic, advising against stem cell transplant due to cardiac involvement.

Amyloidosis is systemic. Clinicians administering chemo more optimistic: We can achieve remission with chemo.

Turning to prayer and asking everyone to pray for me.

August: Feeling better, tolerating treatment well.

September: Problem with diarrhea. Weight down to 100 lbs.

November: Declared in remission. All numbers within normal range. Chemo will continue to beat amyloidosis further down.

December: Looking good in Christmas dress because lost so much weight during chemo. Still frail.

2015

February: Nine months of chemotherapy finished. Feeling good except for diarrhea

March: off all medication

June: Irregular heart beat noticed. On blood thinner Apixaban. Tolerating well.
Gaining my weight back quickly, good appetite.

Writing my eBook: Beating Back AL Amyloidosis. Hospital very helpful supplying electrocardiogram pics and test results...

December: Much more energetic this year. Still avoiding salt, but drinking a bit.
Cardiologist very impressed; much more optimistic prognosis. Want me to start working out in the New Year.

2016

April: Have gained my weight back, but mostly fat, so working out at hospital gym, monitored.
Still in remission. Walking uphill but jogging only a few minutes
Living regular and active life, drive, travel, work full-time.
Stem cell transplant not required.