Day 229 - Sluts Don’t Have Cupboards This Clean

September 27, 2013 By Gemma Peppe

I received exciting news in clinic today. If I’m still clear next month it means I am cured. Apparently guidelines have changed; 12 weeks post treatment is when you get the all-clear now. This may only apply to treatment with the protease inhibitors.

It was my 8 week post treatment check today. The last month has been up and down. Two weeks ago I took a week off work to start an exercise regime as I was still feeling achy, sluggish and toxic. I remember Louie turned a corner post treatment when he started running. A Bikram yoga studio has opened up 5 minutes from my house.

Sweating in a 40 degree studio for 90 minutes bizarrely gave me lots of energy and I spent the rest of the week at Ikea and building things for my house. I cleared out my cupboards and put in little shelves. I found plenty of food with a sell by date of 2009 which I’d probably bought 2 years prior to that. I haven’t had the energy to tackle jobs in my house for years. Godfrey Bloom would have definitely call me a slut.

To hopeful hep C patients who are waiting for this treatment, I can honestly say that just 2 months post treatment I have a new lease of life. My next step is to bike from Battersea to London Bridge for work every day (maybe not every day).

I will report back next month once I have my test results through and that will conclude my blogs. I look forward to being able to write good news.

The picture is my clean and sorted cupboard. A slut wouldn’t have cupboards that clean!

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