Depression during Christmas with Hepatitis C or Liver Disease

December 24, 2015 By Karen Hoyt

Karen Hoyt is a blogger who has a story about hepatitis C, cirrhosis, end-stage liver disease, liver cancer, and liver transplantation. This excerpt first appeared on Karen's I Help C blog, December 21, 2015

Christmas is all around us. The nativity, singing of hymns, buying myself a present - all of those traditions bring me comfort and joy. I have my reason for the season and am celebrating it more than ever this year thanks to my liver donor and his family for my transplant. My heart is full. But I have seen some dark times and know full well how strong sadness can be. I know that many of you have had some tough battles this year. Depression during Christmas with Hepatitis C, cancer, or liver disease is hard.

Are you tired of seeing unrealistic television commercials? You know the ones - with perfectly dressed children snuggled up on couches in elegant homes - shiny ornaments on symmetrical trees - beautiful people dancing around with big smiles singing about the newest gadget on sale? No, this is not a bah humbug blog. It is a reality check.

In the past 24 hours I've personally talked to 3 people who have had thoughts of sadness to the point of thinking about ending it all. One had the Hepatitis C Virus, another has advanced liver disease and is separated from family, while the other is not even sick, but just has a burden that cannot be carried alone. The last person I was in contact encouraged me to write a blog about suicide. Love you xoxo...*To read the rest of Karen's blog, "Depression during Christmas with Hepatitis C or Liver Disease,"* *click here*.

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