Hepatitis C: Reasons to be Cheerful, part 3

April 18, 2015 By Grace Campbell

The title? You haven't missed the first two instalments. It's the name of an Ian Dury and the Blockheads song.

The process of undergoing treatment for Hepatitis C has been quite a journey for me, and thank you for allowing me to drag you along for the ride. Apart from sharing the side effects, fears, troubles, levels, numbers and general minutiae, I do try to share the joys. Because there are reasons to be cheerful, many of them. Chief among them is the possibility that we'll clear this virus. That hope allows us to live with all manner of temporary downsides.

But also, among the seemingly endless days of tablets and tests and tiredness are shining moments of unalloyed joy. They might be as small as a dust mote, but isn't a sparkling speck of dust beautiful in its own way? We owe it to ourselves and those around us to cherish those moments of joy.

Here are this weekend's "Reasons To Be Cheerful"

As I approach the end of Week 4 of Viekira Pak + Riba, I managed to do the following:

* Went to town to my favourite cafe, had a good coffee and some nice sourdough toast. As well, I learnt that the very cool and hip (and lovely) owner/barista secretly loves speedway racing and can talk with great depth and excitement about horsepower and torque and engines and stuff. I love knowing about people's secret passions!

* Went to the record store, despite the fact that no one in my town knows about Record Store Day (yes, it's a thing), and bought the new Sufjan Stevens album "Carrie and Lowell". It is heart-rendingly beautiful. I'm going to see him play at VividLive in May with my daughter. I didn't see his last show over here so I am looking forward to seeing him play again after all this time.

* WALKED UP A FLIGHT OF STAIRS!

* Bought tickets to the Travelling Film Festival, also in May. I've seen a few of the films already: Dior and I was wonderful, with a very elegant aesthetic, but I'm also really looking forward to Leviathan.

* Went to the local Art Show and bought myself a really lovely artwork.

* Was out nearly all day without feeling like I was going to keel over from tiredness.

* Came home with beef shanks for the dogs.

* Have dinner in the oven - roast lamb.

Just so you don’t think it’s all over-achieving Pollyanna moments here, while getting ready to serve up dinner I burnt my thumb on the roasting dish and dropped the entire roast on the kitchen floor. That’s a new one for me, I’ve never done that before. I blame the drugs. ;)

And so you also know we are total heathens, we laughed and ate it. Five second rule, and I’d mopped the floors earlier.

It was delicious.

And this time I made my partner mop the floor.

Shining moments. Joy. Laughter. A clean floor. It doesn’t get much better than that.

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