John Rec.m4a

living with sickle cell disease um hasn't been easy the care i had before coming to the uk was all right um i would say i had a team a medical team that was very good I had people that cared for me and not only that, I wasn't really doing much in the way that would affect my health, however... um i can't compare that to the scope and professionalism that nhs has got um but that comes with its own problems too you know all in all i'm pleased with the medical treatment i receive now thank you

yeah i would say um sickle cell disease has indeed interfered with my life in a lot of ways um it has held me back from a lot of things i would love to do i mean words cannot really tell the story of my life but honestly um There are things I would have done if I hadn't had sickle cell disease. However, it also gave me some things in life that helped me to become who I am today. like resilience you know perseverance will to do most things and even the soft talents i have now like poetry speaking and a lot of stuff i got it because you know i had sickle cell disease

I have to look inwards, I have to think deeply, I have to think before I act, I have to plan everything in detail, step by step, days before the event, days before the time, just to be not just sure to be double and triple sure so yeah sickle cell uh helped me back from a lot of things but it also gave me a lot of things that i'm happy to have thank you

Oh yeah. I want the world to know that though sickle cell disease is not a death sentence, it is a sentence to live in a relentless, unending cycle of pain and mental struggles. The sort of pain that has you crying in the night and gnawing your teeth in the morning and in some days you feel relieved, right? There is no pain but your body is actually out of sync. That is to say, no inertia, no power, no strength, nothing. You are but a fig leaf in the wind that can be blown away anytime. I mean, I want the world to know that.

sickle cell is a brutal disease and apart from that forget the story that people say that it's an african disease it's not it's a world disease i mean sickle cell people have sickle cell in israel they have it in different parts of the world the caribbeans you know Southern American, I mean, the Arab world, the Asian world, I mean, some of Asian countries have it. So, but that's not the main point. The main point is that this is a brutal disease that has to be dealt with. People have to step up to make others aware that sickle cell it's not that kind of fancy disease, it's that kind of brutal disease that takes away everything good about your life. Thank you.