

Transcription:

Curtis: Okay. For today's conversation, we're going to talk about things related to going to the doctor. So, getting sick or having an injury, right?

Amy: Yeah, exactly. We have noticed that a lot of our students don't really know how to explain how they're feeling, maybe pain or different symptoms that they're having in their body. So we thought that we could share some of our experiences that we've had, unfortunately, where we've either been sick or hurt ourselves and what it was like, what was happening to us. So, Curtis, for you I think we're gonna start backwards and maybe moving our way forward in time.

Curtis: Okay.

Amy: And one of the first stories that you were gonna talk about was related to something that happened to you in high school, right?

Curtis: Yeah. It was back in high school. Actually, I was in a marching band and I played the bass drum, and we actually competed against other marching bands. So we went on tour through the United States and we won this competition one night. And then after the competition we went back to the high school gymnasium that we were staying in, and around these high schools are stairways or staircases.

Amy: Like the bleachers, right?

Curtis: Yeah. Kind of like that but more of the concrete – not really the bleachers but the concrete stairs that lead to the gymnasium. So we were hanging out and sitting on these steps and above us are these railings that are thick, thick steel or metal, almost like metal bars, I guess and my friend who was also a bass drummer with me – we played bass drum – and he was up on top where this hand railing was, and he was moving it back and forth because it was loose.

Amy: Like kind of shaking it or playing around a little bit?

Curtis: Yeah, yeah. So he was goofing around, playing around with this thing, this hand rail, and it came loose and it fell.

Amy: Right on you.

Curtis: On top of me. The other people that, the members of the marching band ran out of the way, but I was a little bit too late.

Amy: You didn't realize what was happening probably.

Curtis: Yeah. Like, it happened in an instant. I looked up and it was already falling on me. It hit me on the side of the head and my ear started ringing. Oh, it was so painful. It was so painful I was crying like crazy. So, they were like, “Oh, call 911. Call 911. You know. Curtis is hurt.” And then my friend felt so bad. He was crying because it was his fault.

Amy: Right.

Curtis: And throughout the whole month of this tour, he kept apologizing to me, “Are you okay, Curtis?” You know. He felt really bad. So, they called 911 and an ambulance showed up. And they asked me if I wanted to go to the hospital. They need my permission and I said, “No, no. I think I’m gonna be okay.” So they checked me over. The paramedics checked me over.

Amy: What happened, though, like? Did you have any physical symptoms? Did, like, did your head hurt after two minutes? Like, what happened?

Curtis: It hurt all day, and then I had this bump on the back of my neck or side of my head where it hit me. It hit close to my ear and it was swollen. And it didn’t bleed or crack open or anything like that, but I felt, you know kind of dizzy at first, really disoriented.

Amy: Light headed?

Curtis: Light-headed. And they were thinking that I might have had a concussion but –

Amy: Right.

Curtis: But –

Amy: Did somebody have to monitor you at night?

Curtis: Yeah. We had what was called chaperones, so they’re parents that came with the group of us to, they volunteered, and they came with us on the, on the tour. So, they had one of the kids’ moms look after me and make sure that I was okay and that I wasn’t feeling nauseous because sometimes that’s a symptom of a concussion.

Amy: Right. You throw up if you have a concussion.

Curtis: Yeah, Yeah.

Amy: Exactly. Yeah, that’s crazy. Okay, so I’m gonna talk about an injury that I had one time, and this was a really stupid kitchen accident.

Curtis: Oh God.

Amy: I don't do stupid things like this very often, but when I do, I really, really mess it up. And so, what happened was I had this thing, it was called a hand blender, and it's like a hand ... not a hand mixer. It's this type of small kitchen appliance that you can put different attachments onto the end of it. But the one that I was working with in particular was a blade that's really sharp and it spins very, very quickly and I was making whipped cream with it. So, anyway –

Curtis: I remember this.

Amy: I decided to clean out the whipping cream that was in around the blade because it's kind of like this cup where, I don't know, some of the whipped cream was still inside. And while I was doing that, I accidentally bumped the button on the side of the machine and it was still plugged in. So it basically cut directly into the tip of my finger on both sides, all the way down to the bone, and I realized immediately what I had done. I said to Curtis really quickly, who was around, I said, "Oh my God. I just cut myself really bad. Hand me a piece of paper towel."

Curtis: Paper towel to put –

Amy: I was gonna say toilet paper but no, paper towel.

Curtis: To put pressure on the, the wound.

Amy: Yeah. So he handed me this chunk of paper towel, not really realizing what was going on, and I wrapped it up around my finger and I squeezed it as tight as I possibly could, and we went to a walk-in clinic because I knew I needed stitches. Like this wound was not gonna close by itself and if I didn't get stitches, I was gonna be left with a really, really ugly scar and a mangled finger. So, I –

Curtis: You almost cut it off.

Amy: Well, if my bone wasn't there, I would've cut it off, for sure. But luckily, it stopped at the bone. So I went to the walk-in clinic and I was the last patient of the night that they accepted. And I was really grateful because otherwise, I would've had to go to the emergency room down at the hospital and probably had to wait maybe, I don't know, we would have to wait six hours or eight hours or something. Like it's a really, really long wait when you go to the emergency room. So I went in to the doctor and luckily because I had put pressure on it for such a long time, the bleeding had kind of slowed down and I was able to put it in this disinfecting solution for about five minutes. And then he came back, dried it off. He had Krazy glue.

Curtis: Krazy ... wow.

Amy: He realized that he didn't need to do stitches because it was such a clean cut, he was able to put a couple of drops of Krazy glue in, hold the skin together for a couple of seconds and it bonded together. Like it glued it together, basically. He did that on both sides, put a Band-Aid on my finger, and he said, "That's it. You're good to go." I asked him if there was any after-care that I needed to do like disinfecting it or whatever and he said, "No. Just change the Band-Aid. Don't do anything rough with picking up heavy objects or doing anything stupid that would probably reopen the wound."

Curtis: Keep it clean, right?

Amy: Just change the Band-Aid. It was really, really simple, actually. And it healed perfectly. You could hardly see the scar on my finger now, so I was very, very lucky.

Curtis: Okay. My turn to tell a story now. Remember that time, Amy, that you drug me up snowboarding and I sprained my ankle?

Amy: Yeah. I remember that. That was a pretty bad sprain, actually.

Curtis: Oh, it hurt so much. And I must have fell on it in a really strange kind of way. So, I had to go to the doctor, of course. And it was swollen and he said, "Yeah, definitely you're ankle is sprained so this is what you have to do to look after it and make sure it gets better." It was hard for me to walk so he said, "Put ice on it." He gave me a special type of bandage to wrap my foot up.

Amy: Like, did he wrap it in the clinic?

Curtis: Yes.

Amy: Oh, so he used that sticky medical tape?

Curtis: Mm-hmm.

Amy: Okay.

Curtis: Which is kind of like a cast, a soft cast I've heard people call it as well. So I had to get crutches as well because I couldn't walk. So they can rent crutches out to you for, I don't know, super, super cheap. So I had to hobble around on crutches for, for quite a while there for I don't know how long it was, maybe a couple of weeks, a month, I don't know.

Amy: I don't think it was a month. That must have been a really bad sprain. Okay. But normally, like you might have to use crutches for five, maybe ten days at the most if it's a really, really bad sprain. But did he tell you to elevate your foot and lie down or just to put some ice on it?

Curtis: Both. I had to keep it elevated to reduce the swelling and with the ice as well.

Amy: And to keep your weight off the foot.

Curtis: Yeah. Don't walk around, don't you know, stand or anything like that. So every time that I had to move or walk or go somewhere, I had to keep off of my foot and keep it above ground.

Amy: Yeah. Above, when you elevate it, it's, usually you try to keep it above your heart. So if you're lying on the bed, for example, you might put a couple of pillows under your heel to lift it up. And if you're on the couch, the same sort of thing. But yeah, the idea is just to keep your foot up so that it can reduce the swelling and help out. Sometimes the doctor also will prescribe you like a anti-inflammatory or something to help reduce the swelling and to help it heal faster.

Curtis: Yeah. That's exactly what I did and –

Amy: Yeah.

Curtis: Yeah, I got over it and lived to tell the tale.

Amy: And you've never sprained your ankle since. Lucky guy.

Curtis: Yeah.

Amy: Me, on the other hand ... Okay, so I'm gonna talk about – the last story that I'm gonna share is about a time where I was really, really sick and I had a high fever.

Curtis: Oh yeah.

Amy: I think this was the worst situation ever, honestly. Like when you're sick, the only place that you want to be is home and alone.

Curtis: In bed.

Amy: You know, you don't want anybody to see you. You don't want to have to be polite or nice to anyone or talk to anyone. You just want to hide and be sick and be alone and be miserable, you know? And what happened was Curtis's cousin Dean and his wife Devonne, they offered to let us stay at their house when we were in the process of trying to get our temporary residency application for moving to Mexico, and it ended up being a pretty complicated process for us, so we were there for about ten days.

The very first day that we arrived, we had a big plan. We knew exactly what we needed to do. We had to run around to get all this paperwork and stuff. And we were catching the SkyTrain which is like a Metro that is in Vancouver, catching the buses, a lot of public transportation. Beyond that, it was really cold. Well, for us it was cold because we're

used to the temperatures here in Puerto Vallarta where it's like, you know, 27 degrees in the winter. And in Vancouver it was 2-3 degrees and raining.

Curtis: Yeah.

Amy: Needless to say, I caught like this terrible cold, like a really, really, really bad cold.

Curtis: Your nose was running, you're hacking up a lung.

Amy: Hacking up a lung. I had a bad cough that came after. But actually, it started out I think on Thursday. I had a little bit of a cough and I had a sore throat that was starting. The typical symptoms, you know. It starts in your throat, it's a little bit sore when you're trying to swallow, and you know, you have a little bit of a cough like a tickle in your lungs or tickle in your throat, you can say. And you know, I started to feel one side of my nose was starting to plug up a little bit, you know.

Curtis: Went into your sinuses.

Amy: Yeah, it's like your nose is running or your nose is plugged on one side or both sides and you can't breathe. But it was just starting to be like that though, like the cold was developing. And I remember we were sitting in the living room and Curtis and his uncle were watching the hockey game, and I'm looking around and I started to feel really cold. But everyone else seemed quite comfortable. They were in their T-shirts, everything was fine, and I'm thinking, "Amy, you're so sick. Just go to bed. You know, this is your body telling you that you need to go to bed." And this was the start of this fever.

Holy man, I crawled into bed, I covered myself with this big comforter that we had, which is like a heavy blanket that you used during the wintertime in places like Canada. And I mean, it was already like a heavy blanket that was on the bed and I was wrapped up in this blanket trying to get warm, and it was like I got colder and colder and colder. This is the part of the fever that we call the shivers or the chills, right?

Curtis: Yeah, shivers or the –

Amy: What is it? The –

Curtis: No, both.

Amy: But what about when you're hot? What do we call that again?

Curtis: Oh, you have a fever?

Amy: The chills and –

Curtis: You're burning up?

Amy: Is it the sweats and the chills?

Curtis: The sweats and the chills or you're burning up.

Amy: Yeah, okay. You're burning up, exactly. So this is the chills part of the fever where I was really, really cold. So I remember it was like this drama that was going on in my head. I'm in bed, I'm wrapped up, trying to get warm, can't get warm, totally freezing, and suddenly I realized that I have to get up to go to the bathroom. And I'm thinking, "No, no, no, no, no, no. I don't want to get up. I'm gonna be out of my cocoon of heat. I'm probably gonna die." And I'm lying in bed and I'm strategizing how I'm gonna do this. I know I'm gonna die when I go to the bathroom. I'm gonna freeze and it's gonna be terrible, but I've got to go.

So, I see, when I look up in the closet, I could see that there is this big fluffy duvet, like a feather duvet, which surely is gonna be a lot warmer. When I looked to the other side of the room, there was this toque that was on the dresser and I thought, "Okay, this is what I'm gonna do. I'm gonna get up, I'm gonna go to the bathroom. I'm gonna come back. I'm gonna grab the duvet out of the closet and pull it down. I'm gonna put that toque on my head and I'm gonna crawl under these blankets and hopefully warm up." This is when you came in the room maybe like an hour later.

Curtis: I loved this whole action plan that you had.

Amy: I was strategizing. I seriously thought I was gonna die.

Curtis: Then I walked into the room when I was ready to go to bed and you were all like bundled up in this thick duvet with the, yeah, the toque.

Amy: Under a heap of blankets.

Curtis: Oh and I was like, "What is going on here?"

Amy: You had no idea I was going through this.

Curtis: I had absolutely no clue.

Amy: Well, I was a guest in the person's house and I really didn't want to be a bother. I didn't want to be annoying; you know.

Curtis: Yeah.

Amy: So, I was just suffering by myself in the situation. But my hands were freezing. My hands and feet, they were just cold like ice cubes and you know, there was nothing I could do. But then the other side of the fever came. My temperature came back to normal and then it kept going up and up and up, and soon I was just – oh man.

Curtis: You were sweating.

Amy: I wanted to open the window in the middle of winter and lie without the blanket on you know. I was like my own personal furnace that was happening. I remember getting up in the morning and the blanket was just creased from end to end from everywhere I was laying, because I was probably generating so much heat.

But yeah, this is you know, probably one of the worst colds that I've ever had. It ended up turning into a really, really intense, bad cough where I was just coughing and hacking. You know, almost coughing until you can't breathe anymore.

Curtis: But you didn't have to go to the doctor, did you?

Amy: I probably would've went to the doctor if we were in Mexico. But because we were in Canada, it was like, "Oh, I don't want to use my private health insurance, you know. It's okay, it's okay. It's just a cold." So, luckily, I started to get better within the next few days and everything was fine. But yeah, those were some bad days.

So, anyway, I think that that gives you guys a good idea of how you can talk about different sicknesses. I think that the only one that we didn't talk about was related to stomach problems where maybe you're vomiting or you have diarrhea or something like that, and those types of topics are a little bit uncomfortable for most people to talk about so we're gonna leave out any personal stories there. But we'll see you guys next time in one of our other conversations.

Curtis: Bye, guys.