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Four weeks after brain surgery

Friday, September 30, 2016

DH update: Joe continues to do very well. He looks and acts the same as before. He's even back to doing the dishes and scrubbing the pots. The scabs are gone from his head. The surgeon did a great job. The scars are almost invisible.

A few changes:

He's eating less food. In the hospital they would not allow him to order more than 1 dessert per meal. He lost 7 pounds and decided he likes being 190. He actually said that there is NO NEED to haul around 200 pounds. Previously I was thrilled if my "stealth sparker" stayed under 200. He's 5'10"

How interesting - that's the same reason I decided to drop the extra pounds. Yeah, we CAN carry it, but WHY? Why put the extra pressure on our joints and heart and lungs and circulation system?

The "other woman" is gone from our lives. When grocery shopping last week, he passed by the "Little Debbie" display and said GOODBYE! I hope she stays away.

Although he was given permission to swim, he will postpone that. There's the possibility of hitting his head on the end of the pool (that's happened before) or slipping on the wet locker room floor etc. For now we walk outside instead.

He does all the home exercises prescribed by physical and occupational therapy. Tests show he is now in the normal range for "a man his age." However, the goal is to get him back to where he was before which was BETTER than the average man his age.

I feel confident enough that I leave him home alone for hours at a time. So I've returned to choral rehearsals and running again. Of course, we did get him one of those "medic alert" buttons just to be on the safe side.

We officially cancelled our December trip to Machu Picchu and the Galapagos and will substitute something less ambitious for our next trip. He's looking at cruising the Adriatic or maybe Alaska. He's even mentioned going cross country by train. We will see. It's good to see him looking ahead.

My engineer is reading books on concussion recovery and has even suggested alternative exercises to his occupational therapist who has been receptive to his adaptations. Taking responsibility for his own recovery is a good thing.

One final reminder in case you ever need motivation to continue a healthy lifestyle. As the doctors said, if he hadn't been in such good shape he would not have recovered.

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MARYJEANSL

I am so very glad to hear that he is doing so well. Praise God!
1708 days ago



KRISSY82

Wonderful! I love that he is choosing to keep those extra few pounds gone!
1709 days ago



1STBUCKETITEM

Your Hubby is on track! Wonderful to plan ahead for great trips to share. .. real incentive to stay committed to staying healthy. You are an inspiration for him as well as all of your fellow Sparkers.



1711 days ago



HOLLYM48

So glad to hear that your hubby is recovering so well and he has adapted an even more healthy lifestyle! Wishes for continued healing and I hope you find a wonderful vacation to take the place of the other.
All the best to both of you!

1712 days ago



JEANKNEE

So glad to hear that DH's recovery is going well and he's an active participant in his recovery. Excellent!

Yeah, love your final reminder. The Orthopedic Surgeon said to me, "You be in far more pain, if you were still carrying the excess weight." We were discussing the fact that pelvic fractures are notoriously slow to heal and patients are unable to sit free of pain for a looo time. I have not sat free of discomfort/pain for 2.5+ years. Cannot even imagine the experience had I still been carrying the excess weight. I've set 85+ pounds aside. It would not have been pretty.

EDIT: Wanted to add that the discomfort/pain experienced has been managed free of pain pills. They've been offered. Many have been shocked that I've managed without. With excess weight? I'd likely have needed pain pills.

1712 days ago

Comment edited on: 10/1/2016 11:30:10 AM



SUNNYBEACHGIRL

So glad that he is doing so well.
1713 days ago



CARBMONSTERII

Fabulous recovery. So glad for you both. Better to be a little more careful now, so that great recovery progress continues.

1713 days ago



SUBMOM2

Wow! Thank goodness you're at this point now!
1713 days ago



ANAKIE

It's good to hear he is doing so well. Praying he continues to get better.
1713 days ago



SMILINGEYES2

So glad he continues to do so well. Highly recommend Alaska. Was only 14 day cruise but could easily spend a month or more.

1713 days ago





CD3409143



AWESOME

1713 days ago



HELEN_BRU

Good news! Thanks for the update.

1713 days ago



PHEBESS

So glad your story turned out well, sounds like all is working out. Well, except maybe postponing the South American travels - the trans-Canadian railroad was a great trip, but we did that in the summer. When are you looking at traveling?

1713 days ago



DS9KIE

HUGS

1713 days ago



DOVESEYES

I'm so happy for you both, looking ahead is going to put this in the past very soon. How wonderful to be planning a new adventure away I can't wait to enjoy it with you both :) hugs.

1713 days ago



SUNNYCALIGIRL

Glad to hear things are going well!



1713 days ago



TERI-RIFIC

I love it when even when something bad happens, something good can come out of it, too. How great that your husband is breaking up with that other woman! How funny that the hospital wouldnt give him an extra dessert. Most patients aren't good at doing the prescribed exercises at home which are crucial to the best recovery. Kudos to your husband for doing what he needs to do -and even more!! I'll bet you have an awesome vacation no matter where you go.

1713 days ago



YELLOW09RED

AWESOME

News for Joe.
Sorry you are cancelling your Machu Picchu and the Galapagos trip.
Take care of you & Joe,
Thank you for sharing him with us.
Debbie

1713 days ago



KRISZTA11

Your husband is doing great for himself, I wish him continued recovery!

HUGS

1713 days ago



DR1939

Wonderful report.

1713 days ago



POINDEXTRA

This is terrific news;!m so happy for you both.

1713 days ago



PHOENIX1949

Wonderful news on the medical front -- a great reminder of one reason to work toward our optimum health.

1713 days ago



LIVEDAILY

Wow. The amount of recovery is amazing! Way to go Joe! Yep, hospital rules (no more than 1





dessert!). And I had to laugh at your "other woman" comment. He really must've had a sweet tooth! I would encourage you to talk to fellow SP Wilson - they just got back from an Alaskan cruise. Amtrak has some amazing train travel plans, including one where you travel by train and spend the nights in grand old lodges! Something to look forward to!
1713 days ago



CD14815535



Wonderful report!
1713 days ago



WALLAHALLA



What a great report! Praise Jesus!
1713 days ago



SLENDERELLA61



Thanks for sharing this great story. So glad your hubby is doing so well, although I'm sure it wasn't easy for either of you. Glad you are through it. Here's to continued improvements and health!!
1713 days ago



FUNLOVEN



Well, I most certainly am behind on all of this I am sorry to say. But it sounds like all is going VERY well and I am glad about that. One step at a time and his steps all sound positive. Thanks for the update.'



1713 days ago



CD15520036



Great news that he's making such a good recovery.



1714 days ago



MILLEdge2



Wow, could it be that this cloud really will have a silver lining? What good news! And

congratulations to you for handling this well; it must have been a nightmare.
1714 days ago



SYLPHINPROGRESS



What a wonderful report. It means so much that Joe is taking on decision-making for his recovery. It's part of being mentally active and in a good emotional place after such a scare. I'm happy for both of you.
1714 days ago



JAMIRBLAZE



So happy he's doing well. Yes, part of being healthy is that increased resiliency-physically and mentally. It's so important for when the unexpected happens.

The Alaskan cruise and the rail trips are both things that I have looked into for future travel. Looking forward to your report on whatever you choose.
1714 days ago



CD4114015



This is ALL GREAT news! My DH lost weight after I did too and loves being back to his Army boot camp weight and I love how he looks!

SO happy to read such good news about Joe! Can't think of one way it could be better!



1714 days ago



GINIEMIE



I'm so pleased to see this. Any time I see a great recovery from a "brain injury" I rejoice. While Erik's not where he was prior to his accident he's come a long way and his excellent shape prior to the accident was an "attributed cause" to his immense progress. I'm so glad that your StealthSparker is doing so well. And I know you are glad to have some of your freedom back.





1714 days ago



PRNCSCUP1-2FULL

You don't even know how wonderful this is!! In the past few years I dealt with family members with mild to severe strokes and all, including your hubby's, are considered "brain injuries"! 2 of the 3 people never regained their appetite at all. 1 is still struggling with day to day activities! I am so happy for both of you! It is great to read about recovery!!

1714 days ago



KELLIEBEAN

Oh my gosh, I'm behind in your blogs and updates. So sorry!

That is so great that he is owning his recovery like he is! I'm glad he is recovering nicely!



1714 days ago



WATERMELLEN

His doctor will be making him "poster" patient: he's doing absolutely terrific! Warmest congratulations to him, and to YOU: you've been his rock, no kidding.

1714 days ago



ONEKIDSMOM

This made me smile, and says he's definitely on the mend: "My engineer is reading books on concussion recovery..."

And what the doctors said? GREAT reinforcement for motivation to keep making good choices!



Being in shape? Priceless!

1714 days ago



SILVAS7

Wow

1714 days ago



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