



"I NEEDED HOME PARENTERAL NUTRITION TO STAY ALIVE. THANKS TO THE THERAPY I'VE BEEN ABLE TO CARRY ON GOING ON HOLIDAY AND I AM LOOKING FORWARD TO BECOMING A GRANDFATHER"

## PAUL'S STORY

My life changed drastically, because I went from being a fitness fanatic, where I'd just run the London Marathon, walked the Three Peaks, and walked on the Wall of China to all of a sudden being restricted to being on home parenteral nutrition (HPN) and having no energy.

Over a period of about six months, on and off, in and out of hospital, I went down to 7 stone (44Kg) when I came out. It was after a couple of weeks that I was then seen by the clinic to go on to HPN.

Within another six months I'd gone back up to 10stone (63.5Kg) and now, back up to 14, 14½ stone (89, 92Kg) and fighting to be fit again.



### Reason for home artificial nutrition

I've been on HPN because I caught a parasite from a fish in Hawaii which slowly ate my gut over a couple of years.



### Length of time patient was not well before treatment

6 months



### Length of treatment

12 years



### Country

United Kingdom

# PAUL'S STORY

## BRIEF STORY ABOUT EXPERIENCE ON HOME ARTIFICIAL NUTRITION

Not everybody in my work life knows that I'm on home parenteral nutrition (HPN), just my colleagues do. But we had people come into work, and one guy especially who was late coming in because his wife had been ill, and he was trying to explain how she'd have to have a tube stuck into her chest and be artificially fed for the rest of her life, so I showed him my tube and said I'd be doing this for twelve years. So he was very encouraged to know that life wasn't over because they were worried they wouldn't be able to travel again, whereas he knew I was on holiday all the time.

Being on HPN has enabled me to carry on with my life as normal. I've carried on going on holidays, been to my children's wedding and now looking forward to being a grandfather.

Whilst I was ill I had no idea what HPN was, I'd never heard of it. But it was the solution that saved my life.



## WHAT ADVICE WOULD THE PATIENT GIVE TO NEW PATIENTS?

My advice to anybody starting off on HPN is don't let it rule your life, follow the procedures and get on with life as best you can.

## FEEDBACK

I needed HPN to stay alive. I was petrified to begin with but I have found out that practice makes perfect with the daily routine. I didn't know whether I would be able to go to work, but after six months I felt normal and was able to go back.



## DESCRIBE YOUR DAILY, WEEKLY ROUTINE INCLUDING HOBBIES AND ACTIVITIES:

I do my HPN feed over night, so that I can have a fairly normal day, without it interfering in my work and leisure time. To relax, I like to walk the dog with my wife, do jigsaws and plan our next holiday.

