

Funny how much can happen in a decade. I recently dug up one of my old articles to send to someone. I couldn't believe I wrote it 10 years ago! Where has the time gone??

I can't say I'm any the wiser in 2010 than I was in 2000, but I am happy to say that I am also physically (overall) not significantly worse than I was 10 years ago. Yes, some symptoms have progressed, but so has my ability to cope with them, my emotional resilience is more robust, so arach, is not managing me, I am managing it (most of the time!)

As for the next 10 years... well one thing I have learnt, it's best taken just as it comes... one day at a time!