

So several years down the line from my pulmonary vein isolation this is how things are now.

Things have settled really well, my anaemia is a lot better, I have regular checks on my blood levels and with a healthy diet I can manage the iron levels quite well. They are always on the low level but manageable.



I did get a gynaecological referral and they soon said, "You need a Mirena coil" which, with some discomfort they fitted. It has helped and I am not so anaemic. I have more energy; I can look after the children and the house, painting and decorating, gardening but not the heavy stuff and generally anything that takes my fancy.

I am more balanced in both mind and body.

Through the AFA I have done all sorts of things writing articles, talking to journalists, assisting companies with researching into anticoagulation drugs and being filmed for a health care communications firm to be in a presentation to 2000 people in Germany!

I consider myself to be in remission from the AF, after my initial problems things are good with just a few hiccups and a few visits to the doctor. I take Propafenone 150mg three times a day and that keeps everything on the straight and narrow.

I am now working towards a degree and will be training as a doula and postnatal supporter soon.

There is light at the end of the tunnel and it is much brighter and better than the light I had before. I have made so many friends and found my self-confidence by going through the journey with AF and now I am able to be a support to others. If you ever need a chat go to the AFA yahoo group and we can support you and be a shoulder to cry on, a person to moan to and most of the time a lot of laughs and fun are had. You've got as far as the web site so you are on the way to your journey through AF and beyond.