

Analyne Salas – Transcript

My name is Analyne. Four years ago, I had a fall in the parking lot, and it caused me a back problem, like the compression of my spinal cord. My partner called an ambulance and they sent me to the hospital. They sent me in the Toronto Western that night and from there I met a lot of different doctors and one of them is Dr. Fehlings. He was my neurosurgeon that day and he explained to me what procedure I'm going to make the next day. I was totally unconscious that time because I was so scared if I'm going to still live, because I have one and a half year old that time waiting at home. He doesn't know what's going on with me. And that night I just prayed that everything will be okay the following day.

Six o'clock in the morning, I met Dr. Fehlings outside the operating room. I gave him a little bit of message from my heart, and I said, Dr. Fehlings, please do your best, because I have my son waiting for me at home. I thought I'm going to die that night because I don't feel anything, my whole body became numb. He told me; I cannot promise you, one thing I can promise: I will do my best.

The following day when they finished the operation and when I opened my eyes and I said, thanks God, I'm alive. I saw Dr. Fehlings again, after six days and he asked me to do something from my hand to move. I said, I cannot, like, I can't move anything-just my eyes are moving that time. And then the following day he came back, and he asked me to move anything, and I managed to have a little movement from my finger. Right away he called the nurse, the head nurse, and he said, send this lady to the rehab right away.

I am so blessed because by that time I know what's going on because they said that the prognosis, they said that I'm going to be in bed, I'm going to be paralyzed the rest of my life, I'm going to be, you know, I'm going to be on the wheelchair-that stuff. It took me a month to move, for the whole month I was all depending on the nurses, on the doctors to help me everything to do for myself. I just asked them one thing to motivate myself. I said, please, don't take off my driver's license and I promise you; I'm going to stand up. That's my motivation for myself because I was quadriplegia, right? "Oh girl, how could you stand up?" But I told them, please, that's the only thing I want from now. So, from there, every day, I did whatever they want me to do, my physiotherapist, my occupational therapy - I cooperate whatever they want me to do.

February 2018, they said to me that I can go home but they want to see the place where I live, because they want to make sure that I'm secure. They wanted me to stay more, but I said, I'm going to do my therapies at home, because I miss my son very much. I never been away from here from him even an hour. I will do my best to do all the therapy and everything, and now I'm here still alive and yeah, I came back to almost normal.

I had a lot of learning from that experience, especially when I was in the rehab. You know, I was in the wheelchair, I cannot even get a water to drink. Like, it was so hard, but I learned a lot, that life is so important, and you have to love yourself no matter what situation you have in life, you just need to make sure that every single day is really important for you.

The most important for me is every single day I spent quality time with my children or with my family, that's the most important thing, no matter what I have, no matter what situation I have.

I'm still in pain. I don't care about the pain, I'm still alive. That's all that matters to my now, I'm still alive, I can be with my children and my family.