

Why Was I Tired All the Time?

My Experience with Hypothyroidism

Sundeela Amir

BEFORE YOU READ: Look up *hypothyroidism* and share what you learn about it.

Something Was Wrong with Me

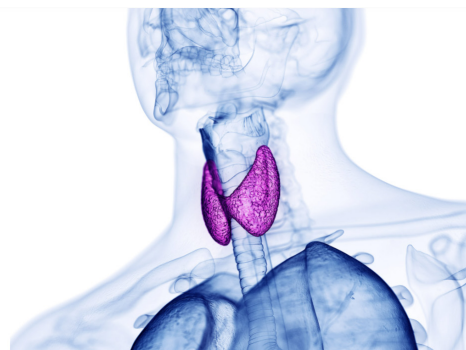
About 10 years ago, I started feeling tired all the time. My brain didn't work well. I couldn't understand simple instructions. At work, I took notes about everything, so I wouldn't forget. My mind was tense and exhausted. Something was wrong with me, but I kept trying to work the same way that I used to.

At home, small chores were very difficult for me. In the morning it was hard for me to get out of bed. My husband helped me get the kids ready for school and make their lunches. After work, I was so tired that I would come home and go straight to bed. My family suffered a lot due to my condition, but they were really supportive. My husband took care of most of the things that I was supposed to manage. However, I still pushed myself to the limit. I wanted to take care of my family.

Finally, A Diagnosis

It took five years, but I finally got a diagnosis. I have *hypothyroidism*. My doctor was shocked. She told me that most people with this disease sleep all the time. She wondered how I could work full time and take care of my family. She was so surprised.

She gave me a medication, which helped a lot. I also decided I needed to stop working and do something different. I am so lucky that my husband is always by my side. He advised me to go back to school. He said, "At the beginning you may face challenges, but it's okay. You might not get good grades but at least you are doing something different from your normal routine."



At first, it was hard to back to school. My brain and body didn't work the way they used to. But I worked hard. My husband always encouraged me. At last, in 2023, I completed my Master's degree in Library and Information sciences.

Some days are still hard for me, but I never give up. I always try to do things that make my brain happy and make me feel less anxious and depressed. For example, I started working out at home, which made me feel better. Also, I volunteer at an organization that supports women's rights and access to education and health care. Volunteer work gave me a lot of happiness and satisfaction.

AFTER YOU READ:

1. Why was Sundeela's doctor surprised?
2. How did Sundeela's husband support her? Be specific.
3. What does Sundeela do to be happy?

Sundeela Amir is an English language student at East Hartford Adult Education in East Hartford, Connecticut. Originally from Pakistan, she worked a Librarian for 10 years.

