

Record A830

By Yiwen

August 24 (Friday)

Back from the summer vacation (Shanghai, China and Green island, Taiwan).



August 30 (Thursday)

Sunny day, Anton (A), Yiwen and kids went to the Terragon by bike in the afternoon. After the dinner with Minne and kids in the Tipi tent, they left for home. Yiwen took Simone in the front and A took Yvette in the back.



20:30

Without any sign, A. suddenly fell from the bike on the street. Yvette sat on the back of his bike and fell as well. Fortunately Yvette had no damage. But A. had a Sudden Cardiac Death (SCD), no breathing, no heartbeat, no consciousness.

Yiwen and kids were in shock.

A police car was near by and probably saw the accident when it happened. Immediately the police checked him and started CPR. But it did not help and A. had no

heartbeat. The second police car came. The police came with the machine and gave A. electric shocks. It was done estimated within 5 minutes. After the electric shocks, A. was saved with heartbeat, but still no consciousness. The ambulance came and took A. to the OVLG Oost hospital. Yiwen and kids went together with the ambulance.

21:00-22:00

In the hospital, Yiwen and kids waited outside the emergence room (ground floor). Two hours waiting in an empty black-white room, scary. Later, a doctor came out and asked Yiwen to notify A.'s family members (all children) to be present. His situation is very critical. Yiwen sent sms to Isabelle and can not reach Sebas in Brazil.

22:30-2:00 (August 31)

Two blood vessels were blocked. The doctors team made an intervention by putting two stands in the vessel to make the path open again for blood. Moved from the emergency room to the Intensive Care (IC) room on the third floor. Isabelle arrived. Again, waiting, Yvette and Simone slept on the couch in the waiting room.

August 31 (Friday)

3:00

The doctors from IC put A.'s heart "cool" for 24 hours to minimize the load for his heart. He was stable in the "sleeping" mode. Yiwen took kids and Isabelle back home.

9:30

Yiwen, kids and Isabelle went to OVLG to visit A at the IC. Mikkie, Daniel and Anna visited A. He was still "sleeping" and stable. Anna read a kids book to Yvette and Simone in the family waiting room.



12:30

Isabelle, Mikkie, Daniel and Anna went home. Yiwen took kids to the Ketelhuis for the kids film "Hotel Transylvania". Before the accident, A. promised kids to watch this film.

September 1 (Saturday)

3:00

Yiwen called the IC 24-hours line and knew that A. woke up once from sleeping at midnight. He opened his eyes but no response to the doctor. Then he slept again.

8:30

Yiwen called the managers, Josie from Svaha yoga, Sita from Shape-all, Debbie and Pauline from the Crunch, informing them of the emergent situation about A. and asked for one month leave, no yoga teaching in September. The managers gave the understanding and support, helping arrange the subbings for Yiwen.

9:30

Sterre (neighbour, friend and medical doctor) brought Yiwen and kids to IC. She suggested that it might be easier to "let the doctor talk to the doctor". The heart-supporting machine was removed. The doctor said nobody knows whether and how A. could wake up.

Yiwen asked for the special permission to sit next to A. at the IC. To touch, whisper and kiss with love, she prayed A. can wake up again. Like a miracle, A. woke up with consciousness. He responded to Yiwen, holding her hand, tears in his eyes.

Isabelle, Michielle, Andrea and Nina arrived. Michielle and Andrea took kids out to play with Nina and let kids sleep at their house. So Yiwen could stay with A. in the hospital all the time.

14:00

A. became more stable on his own. Most machines were removed. A. is moved from IC to the normal patient room, Cardiologie B.4.06. Yiwen created the Whatsapp group "Eliens-A" for direct communication for family members: Sebas, Isabelle, Mikkie, Jacqueline and Daniel.



15:00-19:00

A. had more consciousness. However, he got confused about the situation. He lost short-term memories and did not store any new information.

A dialogue between A. and Yiwen (Y)

Y: Dear Dong dong, do you know which year it is now?

A: 2017

Y: Do you know where we are now?

A: at home or is it a hotel room?

Y: You are now in the hospital. Do you remember what happened?

A: No, I don't remember.

Y: You had a heart attack and fell down from the bike.

A: Oh, really? You must be kidding.

5 minutes later, A. forgot the conversation and the same dialogue repeats between A. and Y, again and again, more than 50 times.

Meanwhile, A. became restless by pulling tubes/wires and getting out of the bed. For his safety, the doctor suggested to bind A's arms and use medication to calm him down. Yiwen stopped it. To protect A, she did not give the permission to the doctor and nurses. As an exchange, Yiwen stayed all the time to keep A. calm and safe.

19:00-22:00

Isabelle visited A. With her help, Yiwen shortly went back home to get the "black" clothes and accessories for A. He did not like the hospital clothes.

22:00-6:00 (September 2)

Yiwen stayed in the evening with A because the doctor said "A. became calm only when you are here with him."

A. got the liquid food supply via a long tube in the nose and the pee/poe was very frequent, like diarrhea. He was awake but not allowed to leave the bed. The pee/poe was done through the catheter and other accessories in bed. It was OK in the beginning. However, because of his character and the confusion about the current situation, A. became more and more restless and insisted on "walking to the real toilet by himself". However, his body was too weak to walk and all the tubes/wires blocked his way. The doctor finally gave the permission only if Yiwen can support him. She helped A. walk to the toilet and then cleaned him every hour in the evening till 6 am.

September 2 (Sunday)

6:00

The nurse removed the catheter. A. felt relieved and slept a bit finally.

11:00

Isabelle collected Sebas at the Schiphol airport with Yvette and Simone. All four Eliens kids arrived at the hospital, united. A. was happy to see kids and his mind was clear. Simone felt scary and took distance with A. She stayed away from the patient room. Jacqueline visited A. with flowers. Nice talk with everyone.



18:00

Yiwen left the hospital with kids, preparing for the first school day. Sebas stayed in the evening. A. slept like a baby, a safe and simple night.

At home, kids were difficult. Yvette was crying a lot. Yiwen felt exhausted, fear and helpless. She lighted candles to pray.

September 3 (Monday)

First school day, Yiwen brought kids to school and talked with the teachers (Simone and Ilze), informing them of the situation. Yvette was sensitive and emotional but Simone was OK. Then, Yiwen visited A. in the hospital. A. looked much better with more clear consciousness. He realized that he had a heart attack although it was still difficult for him to believe.

Mikki, Isabelle and Sebas collected Yvette from the school and visited A in the afternoon. Yvette was happy to see Papa recover well. She drew paintings for Papa. Simone did not want to visit Papa and stayed with Sterre, Pim and their kids Evi and Fleur.



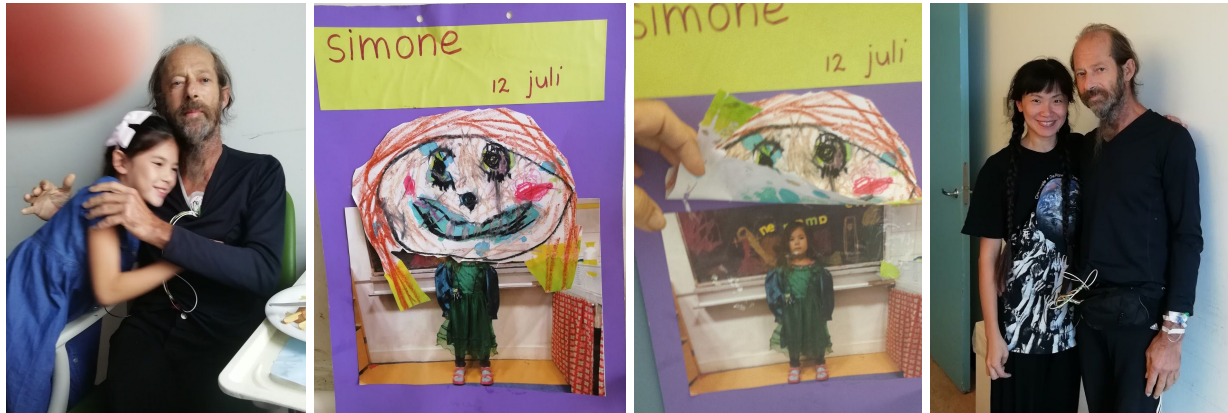
The doctor did the echo test on A's heart. Yiwen asked the doctor for details. The result was not positive: A. had the Heart Failure (HF) in the last stage, D, which can not be repaired. The Ejection Fraction (EF) was below 20% (normal healthy people 75%). He is at the high risk of Sudden Cardiac Death (SCD), statistically 85-95% risk death in 6 months-1 year. Although HF can not be repaired, it can be controlled with medication and the Subcutaneous - Implantable Cardioverter Defibrillator (S-ICD) as a high-risk prevention.

September 4 (Tuesday)

Yiwen explained the dangerous situation to A. and Sebas in the morning. Through the discussion, A. realized the risk and was open for the implantation of S-ICD. Then, Sebas left. The S-ICD doctor H.C. van Schalkwijk came and checked the condition of A's heart for the S-ICD in the afternoon. The result was positive: his body was qualified for the implantation of the S-ICD. A. was happy about the result. The doctor showed A. the model of S-ICD and they talked more details about the advantage and disadvantages of it. After that, A. gave his approval and confirmation about S-ICD and asked the doctor to plan the implantation as soon as possible. He can not wait.



Yiwen felt relieved and happy about A's decision. She saw the light and hope. Isabelle and Sebas collected Yvette after the school and visited A. in the hospital. Simone still did not come but she sent a drawing/picture to Papa. Sebas stayed with A. in the evening at the hospital. They had "happy father-son talks".



September 5 (Wednesday)

It was a dramatic day.

When Yiwen arrived in the hospital in the morning, Anton was very active physically and mentally. He said "NO, not now" to S-ICD because he did not know how does the thing look like, how big, what is the advantage and disadvantage. Did he forget the talk yesterday with the doctor (short memory lost) or did he change his mind or maybe both?

The whole doctor team: cardiologist (a beautiful pregnant woman), ward doctor and two interns visited Anton. She explained again the importance of S-ICD to A. and answered his questions. A. emphasised the importance of autonomy and self exercise. He was only willing to consider S-ICD as a possible option.

Without further progress, the doctors left. Both Sebas and Yiwen tried to "make sense" and convince A. to take S-ICD "again" like they did yesterday. But it did not work well with A. today. The room was full of stress and tension. A. got annoyed by both of them and shouted to Yiwen. She felt helpless, crying on the hallway. "Fuck you!", Sebas shouted to A. and tried to hit him back to the Intensive care (fortunately he did not really do that). However, A. found it amusing and tried to provoke Sebas to release his stress. Anyway, Sebas left the hospital with anger and disappointment. Yiwen stayed with A.

To release the explosive tension, Yiwen decided to take A. out of the hospital, which was strictly forbidden because of the monitor for his heart, A. had to stay in his room.

However, they went out to the Oosterpark, opposite of the hospital. Like the bird getting out of the iron cage, A. breathed the fresh air and watched people doing exercises. A. felt relaxed and asked for a cigarette from a woman smoking with a dog. Reading the eye message from Yiwen, the woman did not give the cigarette to A. But they had a nice talk.

A. and Yiwen walked in the park. They found it was the place where they had the first date in the summer 13 years ago. Estimated 15 minutes later, the monitor started making noise "bee bee bee". They went back to the hospital and the noise stopped. Anton went to the nurses and apologized by breaking the rules. The nurses accepted the apology with understanding and smile.



A sweet afternoon for two love birds. A. and Yiwen had a beautiful intimate time together. All the tension was gone like the flood...A. agreed to take the S-ICD again. Yiwen stayed in the evening with him. Kids stayed with Monica, Gabriel and their kids Mattia and Elia.

September 6 (Thursday)

In the morning, Yiwen and A. took the lift to the ground floor of the hospital. They met Sebas there. A played the piano, short and beautiful. They went to the inside (smoking) garden. Sebas was very happy about the decision of taking S-ICD. As a personal help, the ward doctor L.M. Hubers speeded up the whole procedure and plan the implantation surgery in the afternoon. Everybody was looking forward to it.



15:25 - 17:05

The surgery was done successfully. A. human in, cyborg human out.



Yiwen stayed in the evening with A. The cut was bleeding because he was active in the evening. Same reason like before: walk to the real toilet by himself instead of using the pee bag in bed. It was a tiring night. Because of the bleeding, the nurses changed the bandages for a few times till 5 am. Again, kids stayed with Monica and Gabriel.

September 7 (Friday)

Isabelle visited A. in the morning. One year ago, she fell from her bike and stayed in the hospital. The S-ICD doctor H.C. van Schalkwijk took several checks on A.'s heart and the S-ICD implanted on his left up chest. All checks were good. With the permission, he can leave and go home in the afternoon.



15:30

Yiwen and A. left the hospital. As the first thing to do, they went to the Oosterpark. A. can not wait for his first cigarette in 9 days. Also, he gave a short video talk to end the Whatsapp family group, "from now on, no more whatsapp, only personal contact." Taking an Uber, they went home and bought the big hugging bears as a gift for kids. Yvette and Simone were happy to see Papa and Mama home.

A. brought his leather vest to the tailor to repair. Although his life was saved by the policemen and doctors, he was angry they cut his clothes and the headband. Anyway, the leather vest was repaired by the skillful tailor and it still looks good.



September 8 (Saturday)

A. and Yiwen took kids to the market as usual and then they decided to go back to the street where the accident happened last thursday. "Looking forward to look backwards", A. said. With the help of Yvette, she had a strong visual memory about that night. We found the location - Burgemeester de Vlugtlaan (near the metro stop Burg. de Vlugtlaan) and our bikes. Without the lock, his bike was still there, which was amazing in Amsterdam. But Yiwen and Yvette did not want to see the "bad lucky" white bike because of the scary memory, so Yiwen gave it to the bike shop nearby and received 10 euro. They spent the money for a coffee, tea and two ice creams at the snack bar FEBO. A. said, it was a good deal for both sides.



Walking backwards to the past, we found the location but we could not find the lost memory. A memory about the (near) death experience, did it really exist?

September 9 (Sunday)

12:00-16:00

The survival party for the families and friends: Sebas, Isabelle, Mikki, Jacqueline, Daniel, Michielle, Andrea, Nina, Pim, Sterre, Evi, Fleur, Monica, Gabriel, Mattia, Elia.



It was a beautiful day with some sunshine. A. and Yiwen put the table, chairs downstairs on the Palmgracht playground. Yiwen prepared some snacks, drinks, kids toys for the party. They talked with everyone and thanked for all the support and love from the families and friends. Life continues with love.

----- End ♥ Start -----

Yiwen's favourite Chinese poem for her love, the one and only one, A. (Dong dong)
Far and Near (by Gu cheng, 1980)



You,
You look at me one moment
And at clouds the next

I feel
When you are looking at me, you are far away.
But when you are looking at the clouds,
how could we be nearer.

远和近 (顾城, 1980)

你，一会儿看我，一会儿看云。我觉得，你看我时很远，你看云时很近。