



# Guest Spotlight

Alan

Age: 71

Transplant: Double Lung

Hospital: Houston Methodist

Hometown: Katy, TX

**Transplant Journey:** It all started as what was thought to be sleep apnea, then the doctor was telling me I had asthma and prescribed inhalers. As the years went by, the "asthma" seemed to get worse and I thought, "how could it be asthma if the inhalers don't do much?" So I sought a second opinion from a pulmonologist with Methodist Hospital who gave me a tentative diagnosis of IPF that was confirmed a month later. Respiratory therapy didn't work and before long I was on oxygen and wheelchair bound. The only thing that would save my life now was receiving a transplant and I didn't know if I could even last a year in that condition. In 2021 my lungs collapsed and I was listed for a transplant. After 1 month and 3 days in the hospital, I received my transplant with no problems but we were nervous about what life with a transplant would be like. After 3 months of finding the right medication fit, I feel lucky I can now do many of the things I liked to do pre-transplant such as motor sports and enjoying rodeos.

**What was the first thing you wanted to do after receiving your transplant?** Take deep breaths again and go back to breathing normally--no huffing. I was actually surprised when it didn't hurt to breathe.

**What would you say to someone who is considering becoming an organ donor?** It really is a miracle. We really need to encourage the donation process, because it can add life for so many people. If someone's going to die and they don't donate, the gift is wasted. People just don't want to think about dying. I know I never thought about my mortality until now.

**What do you enjoy most about Nora's**

**Home?** One of the first guests we met at the home was a double lung recipient and

she was in the kitchen cooking like a normal person--not locked up in a closet. That visit made a huge difference in our whole outlook on where we were going in our journey and we weren't afraid after that. That's one of the great things at Nora's--it was easy to meet people with similar problems and watch them live, cook, and eat as if nothing ever happened. I'm very thankful that Nora's Home is here. It's really been unexpectedly more like home and the people really become like family. We've especially enjoyed playing Putt-Putt and decorating Christmas cookies during our stay.

