

Guest Spotlight



Arlene

Age: 67
Transplant: Double-Lung
Hospital: Houston Methodist
Hometown: Marrero, LA

Transplant Journey: It was the new year of 2021 and I was having trouble breathing so I decided to visit my doctor. The doctor ran some tests and was going to get back to me but then unexpectedly moved to California, leaving me without answers and I wasn't feeling well. I eventually found out that I would need a double-lung transplant and it was recommended that I transfer to Houston Methodist immediately. Unfortunately, this was the exact time Houston had a terrible freeze so I couldn't get there. I had to Facetime the doctors and eventually I was able to go down to prepare for surgery.

While under anesthesia in preparation for the procedure, my heart stopped but they were able to restart it. After that I suffered a seizure and multiple strokes, all of which delayed my transplant but in time I again recovered. I was scheduled for surgery June 1st but it was delayed once more until finally on June 2nd I received my new lungs. I didn't wake up until July 18th and shortly thereafter started going to physical therapy and was on a feeding tube for 6 months until finally I had recovered from my transplant.

What would you want to say to your donor? I am extremely grateful and thankful. It felt wonderful to breathe and get back to a normal life. That would not have been possible without the donor.

What would you say to someone who is considering becoming an organ donor? Do it if you can. There was a 40-year-old woman next to me in the hospital room getting a heart transplant; she had two young children. I couldn't imagine how my life would be if I were in that situation. I am incredibly thankful that both of us had an organ donor that day.

What is your favorite thing about Nora's Home? I loved getting to talk and relate to everyone. I got a lot of great advice from other patients who were post-transplant and it was useful information for the future. I also loved being in the Sunroom. With my medications I can't be in the direct sunlight without burning so the Sunroom helped me get ample doses of Vitamin D while keeping me protected. The natural light in there from the windows was delightful.

