

Rebecca Kong

Flu Shot and Three and a Half Weeks Bad Cold

I went to the hospital for a checkup in January. When everything was done, the doctor asked me, "When did you get a flu shot?"

I said, "About eight months ago."

So the doctor said, "You can get this year's flu shot. Do you want to get a flu shot today?"

"Is it okay?" I asked. "I just got a flu shot eight months ago."

"Do you have a cold and fever?" the doctor asked me.

"I have a little cold but no fever."

"It's okay. You can get a flu shot," the doctor answered. So I got the flu shot.

The next morning, I felt very tired and felt that my cold was worse than yesterday. For three and half weeks, I had a runny nose, I coughed day and night, and at night I couldn't sleep well—and neither could my husband because I coughed many times in the middle of the night. I also had a very bad headache and I felt sore and ached all over. I felt like I was dying. My head was swimming.

I don't know why, in the past, my longest cold was ten days. But I remember after getting a flu shot in 2015, I had a cold for more than one week.

So if you told me a flu shot couldn't make you get a cold, I would not be sure you were right. At least, if you have a cold or a little cold, you shouldn't get a flu shot.

Stacy Situ

My First Time Allergy

It was a wonderful day. I wore a beautiful dress and high-heeled shoes because I was going to my friend's wedding. I was pleased to attend her wedding; she was my best friend. I hoped she would have a happy life.

After the completion of the wedding ceremony, many people were sitting in the ballroom waiting for the bride and groom to arrive. After the wedding, the dinner, speeches, and games began. There were many different foods, especially my favorites: shrimp and seafood. I ate until I was very full.

After dinner, everyone went home. At midnight I got a lot of lumps on my body, my heartbeat was very fast, and I was dizzy and very itchy. I scratched my hand trying to alleviate the suffering, but it didn't work.

I told my mom that I felt uncomfortable. I needed to see a doctor. I got dressed to go to the hospital, but suddenly I felt sick and I fell down in my room. My mom and dad heard the crash and they immediately went into my room and helped me up and brought me to the hospital.

I was sent to the emergency room. My whole body and even my teeth felt cold. The nurse put a blanket over me but I also continued shaking and became more and more confused and pale. The nurse asked me questions. Although I could hear, I could not answer. I was speechless.

The doctor performed a series of tests to help diagnose the problem, and after that I got a shot. Slowly the medicine alleviated the symptoms! But my whole face was swollen. I slowly recovered, and I had to remain in the hospital for observation before discharge. Since then I can no longer eat seafood and I'm sensitive to certain drugs.

Gina Zhang

My First Pregnancy

The first time I was pregnant, I learned many things. The nurses and doctor taught me a lot.

Pregnancy lasts for ten months, and I needed to go to the clinic for a check-up every months. In first month, the nurse took a blood test and the doctor performed an Ultrasound. After two weeks, the doctor told me that everything was fine with the baby. I felt relieved. In those months, the doctor let me listen to my baby's heartbeat and the doctor gave me vitamins to take every day until the baby was born.

My baby was born, and I stayed in the hospital for four days. The nurses carefully took care of me. They checked my blood pressure and temperature every morning. They did very well.

That was my first pregnancy.

Pingting Guan

The First Time I Went to the Hospital in New York

One day, my husband and I went to the coast in order to walk for a while and he twisted his ankle. When we arrived at home, it still felt painful. He was very worried about his leg because his left leg was broken last year and he could not move for a long time. He dialed 911 one day later, and the ambulance came fifteen minutes later.

The paramedic working in the ambulance asked us for a lot of information before we were allowed to take the ambulance to the hospital. We saw many doctors and nurses when we arrived at the hospital. Three nurses asked us about my husband's problem and then told us to wait.

We waited for a long time, and the doctor came. He asked us the same questions and said it was nothing serious. He was going to give us some medicine and let us go. My husband said, "I'm still worried about my leg. The pain feels like the last time I broke it. I would like to get an X-ray. May I?" My husband insisted on getting the X-ray for his right leg.

After the X-ray, the doctor said my husband's right leg bone was fractured. So the doctor told the nurse to wrap the leg and give my husband crutches.

It was my first time to go to the hospital in New York. It was not the same as going to the hospital in my hometown.

Diana Valenzuela

My Doctor

My doctor's name is Serguey Lapiniel. He is a general doctor and he takes time to explain everything to his patients.

Last year he found that I was diabetic. He sent me for an A1C test. With that test, you can know if you are diabetic type 1 or 2 and if your glucose level is very high and if you need to take pills or inject insuline. In my case, my A1C was in the limit for that reason I only need to take a pill every morning with my breakfast.

My doctor told me that diabetes is a very common illness and at this moment many people have it and every day it's becoming more common in children.

If you don't take care, you can lose your health and your life. It's very frequently found that because of high blood sugar people have problems in their legs, heart, eyes, and other parts of their bodies.

To have control over this illness, it is necessary to modify your diet and to exercise. The most delicious food is normally junk food.

Now the lives of my husband and I are very different because we have awareness about the risk and we try to be more healthy.

Natalia Briceno

Moles

From my birth I've carried on my body many moles of coffee color, but there is one in particular that I have never liked. It's on my leg. When I was a child, my friends made fun of me, so I tried not to wear skirts and I tried to hide it so nobody could see it. Only when I went to the beach did I leave it open to view.

Over the years, this mole grew and had certain characteristics that made it dangerous, but thankfully the doctors confirmed that no! They did a biopsy and everything went well. But internally I wanted it to be bad and take it out so you nobody could tease me anymore.

About four years ago I went to see a dermatologist at a hospital in Manhattan and I had many exams and after that many people came into the room to see my naked body. Oh my God! I felt so ashamed.

At the same time they decided to remove a mole that was on my feet, but I refused because it was not bothersome to me and I asked why not take out that ugly one that was on my leg!

They answered that the one on my foot was more dangerous than the one I didn't like because it appears by its characteristics to be a cancerous mole.

Of course I had no choice but to accept and have the surgery. I saw them draw on the area to be cut, place the local anesthesia, cut, cauterize the wound, and close it.

After that I spent several days at rest and since that time I visit my doctor every six months.

Sharon Zhang
Suffering Cough

My daughter was born on August 5th, 2011. Actually, before August I got a very serious cough because I drank some soup that someone had put a lot of salt into. So I had a serious cough for almost one month before my daughter's due date.

When I started to go into labor and needed to go to the hospital, I was coughing and in pain. When my doctor saw my situation, she gave me a penicillin IV drip. After two hard days, I really wanted to jump off that building to stop the suffering and my cough and pain.

However, I smiled when I saw my daughter was born. I had my princess.

After more than a week's rest, I went to the hospital again because my cough got more and more serious. Then the doctor put me on an IV drip for almost one week. Every day I needed to go there to get the drip. Oh my God! What a hellish confinement!

Since that time I have been careful not to eat salty food! Otherwise the cough will come back very easily! Unremitting motion is the best way to keep healthy.

Stephan Lew
An Accident

On the morning of May 28th, 2014, I remember that day my wife and I were taking a vacation in Kuala Lumpur. When we were ready to go out, my phone rang. It was my mother calling me. My mother told me that my younger brother had been in a car accident, so we had to go back to my hometown immediately.

When we were arrived at the hospital, we walked to the front desk and asked about my brother's situation. The nurse told me that my brother had hurt his arm and leg. He was still in the ICU.

We didn't know what we could do. We waited hour after hour, but the doctor still didn't come out from the ICU. My family and I felt scared and we were afraid of losing him. "Come on, brother, don't give up. I'm still by your side," I said.

After four hours, the doctor came out and told us that my younger brother was fine right now but he had to stay at the hospital for around three weeks because he had a serious car accident, and he had some memory loss. He couldn't remember that day he was in the accident. The doctor wanted to check him and he wrote a report every night and we made sure everything was fine with my brother before he left the hospital.

Peter Zhang

Dizzy

Dizziness can come from drinking a lot of alcohol, smoking, anemia, motion sickness, hypertension, etc. One day I got dizzy from none of these. What happened?

I went to church in the morning that day. I felt a little dizzy when I opened my church's door. I thought maybe I hadn't slept well, but that I'd get better in a while.

But I was wrong, my dizziness got heavier and heavier. I didn't know why. I was alone at church, so I had to hold on to the wall to walk. I wanted to call my wife, but she was in New Jersey. I decided to call 911. I told them the address and what was happening. I sat and wait for a few minutes, and an ambulance came.

Two paramedics helped me up into the ambulance and asked me some questions and drove me to the Downtown Hospital emergency room. I had nausea and vomited on the way to the hospital. When I got there, the doctor asked me about eating, sleeping, drinking alcohol or smoking, then took some blood to check and gave me an IV drip and some medicine.

The blood result was not a problem. The doctor guessed maybe I had Meniere's Disease. She wanted to make sure whether I had other problems or not, so she did a CT scan of my brain. It was not a problem either. I was in the hospital for more than nine hours, and I felt better and wanted to go home. The doctor gave me some medicine then let me go home.

Of course, my wife and my church members were with me. Thank God.

Woqu Hu

A Terrible Chinese New Year

This Chinese New Year's Eve, my family was preparing something for the celebration in the morning. But suddenly my father was sitting in his bed and couldn't move and then fell down. I ran to him quickly and held him. I asked him what was happening. He couldn't answer my question. So I put him on the bed and called 911 and asked for an ambulance.

After ten minutes the ambulance came and took him to the hospital. At that time I felt a little dizzy, so I used my hand to feel my forehead. It was a little hot. While my father was saved by the doctor I took my temperature—it was 104 degrees. But I had to stay and wait even though I felt worse and worse.

Finally the doctor told me my father was a little better, so I went to see my doctor and took some medicine but I had to stay in the hospital with my father for four days. So this Chinese New Year our family didn't have any celebration and the children were disappointed and I was too.

Zoryana Gutsulyak

Life Is Fun

I helped my friend clean her apartment. We had been working since the afternoon. There was a lot to do. It was in the middle of the night. I went to throw out a trash. I know it was not a good idea to throw out the garbage after sunset but I did it.

The stairs down were in total darkness. I fell down. I remember myself twisted from pain on a bench outside the building. My friend found me after some time and immediately took me to the hospital.

In the hospital I got an x-ray. A tiny bone on my foot was broken. The nurse put gypsum on my foot. I came home and lay in bed. But it was so boring.

The next evening my friend called me. She had a problem with closing a door. We went to a store together and bought new doorknob. We had a lot of fun: we laughed, drank tea, and fixed the door. When I was walking I broke my cast.

The next day I went to the doctor. She told me if she put on a new cast I would break it again because I didn't follow her directions. The nurse made me a bandage. After three months I was running without any bandage. Now I am not sure my bone was broken or not.

Emma Martinez

The Worst Day of My Life

Years ago on December 24th in a particular year, my family and I were celebrating Christmas Eve. It was about 6:30 pm. We always celebrated Christmas with a big party; there were many people between family and friends. But my mother was not there with us, so we decided to visit her and drop off some gifts that we bought for her. We didn't want to drive separately, so my uncle had a van and he offered to take all of us to go together. He asked his driver to take us. It would take about forty-five minutes to get to my mother's house.

We never suspected that the driver was drinking alcohol. We were about to arrive there but unfortunately we never got to my mother's house. We had a big accident. The driver said he saw something on the road and he couldn't stop.

The car flew off the road and when the car hit the ground fortunately all of us were alive, but I was very injured. I had a big cut on my knee. The skin on my nose was hanging. I didn't feel anything but my aunt was scared. She thought that my situation was very serious. They took me to the hospital and there the doctor proceeded to take x-rays on my knee and on my face as well.

I am so happy that nothing serious happened to me that day. I got about twenty-three stitches on my right knee, and I had two cuts on my nose. I got five stitches on one cut and eight on the other one. After I got back from the hospital I went straight to the party but I had to be sit down all night. I loved dancing but I couldn't dance at all that night.

I was feeling frustrated about that, and my uncle was really mad with his driver and he called the police and made a report against him.

After that I was so frightened to drive a car or to take a ride, but little by little I forgot my fear. Since then I am very careful when I am driving. I consider that there is a big responsibility involved in driving a car, and I don't forget what happened to me.

Olivia Medina

Sheilly's Birth

When I came to New York four years ago, my aunt was pregnant. At her check-ups, the doctor always said things were going well. She was supposed to have a normal delivery.

Three weeks after I arrived, my aunt was about to give birth. She was nervous because she was a new mom. She had no experience. Many people had told her different kinds of experiences, but at that time she was having her own experience.

Well, now is the time to tell the story of Sheilly.

On December 4th, 2012 my aunt started going into labor. My uncle called a taxi and they went to the hospital. When they reached the hospital, my aunt was admitted to the maternity ward. They told her that she was not yet ready to give birth, that she would have to wait until she was give some medicine. She spent a whole day with many very strong contractions. The doctors said that she was still not ready.

Finally, after a day and a night of those terrible suffering contractions, she was told that they had to do a C-section because the baby could die for unknown reasons.

Finally, Sheilly was born and was put in an incubator. She had to be monitored carefully because she was not in good health.

Well, today she is a beautiful and healthy girl.

Miaoxuan Yang

Terrible Disinfectant

One day ten years ago, I was changing sheets for my mother-in-law, and put some disinfectant on the dresser. When I finished changing the sheets, I turned back to look at my daughter and she was looking at me and holding the disinfectant. She said, "Mom, why does this Coke have a different flavor?"

I was surprised. "Did you drink it?" I asked her. She nodded.

I was so frightened. I quickly got some water and had her drink it, then I called my husband. While my husband was coming home, I took my daughter outside to wait for him.

After ten minutes, we arrived at the hospital emergency room. The doctor checked my daughter's eyes and asked her some questions. Then he had my daughter drink a bottle of water and throw up. After that, the doctor told me, "Your daughter just drank a little, not too much. Don't worry. When you get back home, have her keep drinking more water. That will be good."

After this incident, every time I use disinfectant it still has a shadow.

Saturnina Rosa

Emergency Room

On October 19th, 2015, it was a rainy night and very cold. I went to the emergency room at Beth Israel Hospital in Manhattan. It was about 10 pm. I was shocked because the room was full and many people were walking around me.

I went to the emergency room because my left shoulder hurt and I had chest pain. I was worried because my chest hurt. I went twice. The first time, the doctor gave me pain medication, but it didn't work.

A few days later, I had to return. The second time, he referred me to a spine specialist and they did an MRI. The diagnosis was that a disc was pressing against a muscle.

I felt much better when I took anti-inflammatory medication.