

MY FIGHT AGAINST CANCER

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Perspective and attitude is everything in our lives. Whenever I am faced with a challenge, my natural defense mechanism is to use positive thinking as the kick starter to power through the adversity.

I had a history of recurrent malaria, which enlarged my spleen (Tropical Splenomegaly). I knew this by ultrasound results, but I had no symptoms. Then suddenly in September 2014. I had acute symptoms, such as fever, malaise, anorexia, weight loss, night sweats, and on blood examination, cypopenia and anemia. I underwent 21 days of extensive investigations, including a CT scan of my thorax &, abdomen, PET scan, bone marrow piopsy. aspiration examinations, but still no conclusive diagnosis. On my third bone marrow biopsy, UniPath lab diagnosed my condition as splenic marginal zone lymphoma/SMZL (low grade tumor), which was confirmed by a pathologist at UCLA in California, USA.

Until now, I was actively enjoying my surgical practice and doing several operations. My eyes were set on my dreams, goals, plans, family responsibilities and I fully engaged in them all. In those 21 days, I was playing a completely different game. As a Surgeon myself, I never imagined that I would become a patient. My weight was lost by 12 kg, In my abdomen, some unwelcome guest was giving me trouble and discomfort. I decided to face this guest with a smile because I knew almighty Allah would definitely give me salvation from this problem. I believed at the time that self-care was a divine responsibility.

IT WAS AS IF I WAS TRAVELING ON A HIGH-SPEED TRAIN RIDE HEADING TOWARDS MY GOALS AND DREAMS. THEN SUDDENLY, THE TRAIN CONDUCTOR TAPS ME ON MY SHOULDER AND TELLS ME THAT I'VE ALREADY REACHED MY DESTINATION. HE TELLS ME TO EXIT THE TRAIN AT THE NEXT STOP. I WAS COMPLETELY CONFUSED AND DISORIENTED, TELLING THE CONDUCTOR, "NO, NO, MY DESTINATION HASN'T COME YET; I HAVE TO TRAVEL UNTIL THE FINAL STOP. "

During this time of crisis and sadness, I desperately needed to keep ray strength; fear and panic could not overrule me and make me miserable. My intention was to fight back with strong willpower and trust in almighty Allah. But then, the pain came with overwhelming force, like I was being pricked all over my body. Chemotherapy was causing me severe, throbbing pain in my bones. It was relentless in its intensity and nature. It was difficult to tolerate. Nothing was working anymore; no painkiller, no medication, and no consolation would help. No amount of motivation, moral support, prayers and duas could help me overcome my unbearable pain.

But regardless, after a month I was back to work doing operations with a smiling race. I was enjoying my surgical practice again thanks to the grace of Allah and a lot of duas from friends, family and patients.

However, in September 2020., I relapsed with a severe second attack of splenic marginal zone lymphoma (SMZL). There is an American romantic comedy I know called "Come September." If I were to name my own movie, it would be "Go Go September." I was again drained, exhausted and listless. I had fatigue due to the immense effects of the second bout of SMZL, where my old symptoms returned. I had again lost almost 13 kg. I could not stop this terrible guest from coming back, but I decided to not give it a chair to sit on. Thankfully God has given me a position where money and status dosen't matter, but right now all I need is His mercy. My calm mind is The ultimate weapon against this greatest challenge.

When I am about to lose myself in grief, sadness, or anger, I remember:

"Oh an soul does Allah place a greater burden than it can bear" (2:286),

Then I know that The Merciful has already given me the strength, the bravery, and the patience to overcome.

I may not feel it some days but now I know that I am strong enough for this and that I have the willpower to fight this.

I realized that I have to play my game better, irrespective of the outcome. I have never given up hope. I know things can change day-to-day, and the problem may soon, dissolve in the light of a new day's sunrise. Nobody can create a miracle for me, but my trust in the almighty Allah is a source of all miracles. He will guide me to a better outcome. My faith in Allah has unlocked my hidden inner strength and revealed to me how strong I am.

At present I have good days and bad days. Although I am recovering and improving day-by-day from my second attack of SMZL. I am grateful for your duas and moral support. I have started treating patients and doing surgeries at my practice again.

SO BY THE GRACE OF ALLAH AND YOUR PRAYERS, I DID NOT GET OFF AT THE NEXT TRAIN STOP. I AM STILL TRAVELING ON THE SAME TRAIN, BUT NOW AT A SLOWER SPEED. I AM HOPING THAT THE TRAIN WILL EVENTUALLY RETURN TO THE SAME SPEED IN THE COMING DAYS, MY LAST STOP WILL COME AS DESTINED BUT UNTIL THEN I AM JUST GOING TO ENJOY THE RIDE.

I thank almighty Allah, the most merciful, who has given me a second chance and a fruitful life to serve my patients and my people.

AND SO.... HERE I AM BACK.....

REALIZING WHAT I HAD.

MADE ME VERY SAD.

AS IT WAS REALLY BAD.

FIRST - I AFRAID OF FEAR AND TEARS ...

COULD NOT CRY & LIGHTEN MY HEART

BUT THEN. WHY SHOULD I CRY ?

WHEN ALLAH IS SO NEAR TO ME.

AS I PASSED MY DAYS IN HOSPITAL

I BECAME BRAVER AND STRONGER.

GETTING USED TO DAILY PRICKS & GADGETS.

THEY MADE MY NIGHTS RESTLESS & PAINFUL.

ALL MY RELATIVES AND FRIENDS HAD BROAD SMILES ON THEIR FACES.

SO AS NOT TO LEAVE BACK SAD OR CRYING TRACES

WITH MY WILL POWER AND STRENGTH.

I FOUGHT MY DISEASE WITH GREAT SUCCESS THAT.

I WILL BE BACK WITH SAME OLD SMILES & DOING SURGERIES.

I THANK EVERYBODY WHO HELPED AND SMILED WITH ME.

AND OF COURSE, THEY ALL WILL BE WITH ME IN EVERY STEP OF MY LIFE.

AS WORST NIGHTMARE OF MY LIFE IS OVER.

I THANK ALLAH ALMIGHTY, THE MOST MERCIFUL

WHO GAVE ME ANOTHER LIFE.