



# Me and My Girl

Grace and Kara



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HAN

Home Artificial  
Nutrition  
Awareness Week

10-16 August 2015



**Kara:** I receive total parenteral nutrition (TPN) because I have gastroparesis, intestinal failure and dysmotility and Ehlers Danlos Syndrome (EDS).

Before my TPN started in January 2014 I had jejunal feeding for five years. **TPN saved my life** and enabled me to get out the hospital and get back to a healthy weight.

**Living on home artificial nutrition (HAN):** As a mum of three, Grace 10, Harry 7 and George 3 **I love to see my family happy** which in turns makes me happy. I am a sporty lady, I especially love swimming and do whatever I can when my health allows it. I'm also quite partial to sun bathing on holiday!

You will read about Grace next; so not only am I receiving HAN I have a daughter on it too. Being part of PINNT is great, realising **you are not alone** along with the helpful information we receive.

**My hopes for the future** are to stay well and reduce my need for TPN. I would love to get back to enteral feeding. I want to be the best mummy and wife that I can be and be HAPPY!



**Grace:** I have Complex Congenital Heart Disease and Lung Disease. I have my feed via a gastrostomy tube, enteral feeding, up to ten hours at a time when required. It used to be twelve hours seven nights a week. I have been on it since I was born. Thanks to the nutrition **I have been allowed to grow!**

**Life on home artificial nutrition (HAN):** I love singing, dancing, acting and musical theatre. Also playing with my friends, swimming and riding my bike! **Singing is my real passion.** I do all I can to support my local hospital and the team who saved my life.

**My hope for the future** is that I will no longer require enteral nutrition; after ten years we are nearly there!

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**PINNT: "Supporting people on home artificial nutrition"**

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