



Your Scar can make You a "STAR"

Do you have any scars? What does scar mean to you? Did your scar leave behind a sad memory for you? I have a scar in my right ankle and it reminds me of a painful time leading to a great discovery.

In the summer of 2004, I had a few painful ankle surgeries to treat OCD, Osteo Chondritis Dissecans in my right ankle. The cartilage around the Talus bone in my ankle, has deteriorated resulting in bone to bone friction causing me pain. It all started in the summer of 2003. One day when I was at the church, I suddenly had an excruciating pain in my right ankle and was not able to put my foot on the ground. Since then, my ankle problem worsened leading to the diagnosis of OCD. I struggled for a year with this problem wearing shoe inserts, anti-inflammatory pills to treat my swollen ankle. I wore only running shoes with ankle support to help me alleviate my pain. My ankle got swollen with increased physical activities like walking, climbing the stairs and prolonged standing.

I underwent my first ankle surgery in the May 2004, and the Orthopaedic Surgeon found that my condition was "Severe." During my recovery process within 2 weeks the water started seeping through the incision, not allowing my ankle to heal. So, my orthopaedic gave me local anaesthetic and re-stitched my incision. 2 weeks passed and I was getting frustrated with my ankle not healing fast. I was frustrated being a single parent having no help at home. 4 weeks passed since the first surgery, and one day I noticed a cyst was formed around my incision. This was the third time I had surgery around my ankle within 6 weeks. I was very frustrated this time as the general anaesthetic did not agree well and had nausea and upset stomach with my bad ankle forcing me to have bed rest most of the time. It was a very hard and was a painful period for me without any help, crawling to the washroom at nights, going on my back down the stairs, hopping my way to the fridge to fix my meals, and then to face the 4 walls all day. There were several sad moments. I felt sorry for myself. Tears ran down my face wanting my recovery process to be faster.

One day as I sat in my family room facing the 4 walls finding no way out, I decided to find fun even through this difficult time. So, I started to laugh at my life. I laughed when I crawled like a mammal to the washroom. I even wondered whether I was moving forward in the cycle of evolution, and thus came a new inspirational writing, "Marriage is the final solution for long suffering." My Orthopaedic Surgeon recommended that Fusion, to marry the 2 bones is the final choice to end the long suffering to treat the OCD on my right ankle. I laughed. I laughed for the first time since I had the first surgery 7

weeks ago. I started to find humour in little things in life. I laughed at myself seated like a prisoner at home. My humorous inspirational writing became a speech that I delivered to many people at the 2004 Humorous Speech contest locally and in the Area 26 Toastmasters in the Region of Durham. This got several judges and other people's attention leading to # 1 Humorous speech. My scar led me to find creativity to cope with my life. That is to see my life from a different perspective.

Scars are there to help us examine our lives and to heal ourselves. Sometimes it is not the actual scar that is painful, but the scars that we carry in our hearts for a long time. What do you associate with your scars? Scars can be a catalyst for transformation. Believe me, it works. The day before my surgery, my 2 years relationship ended and I no longer knew what I was grieving about. Was it from the pain from the surgery or the failed relationship? I blamed it on the ankle for failed relationship, which at that time I considered valuable and helped me to live in denial for a short period of time.

Scars can tell you a story. Scars have feelings. They are often an unspoken pain that is buried underneath our skin. It is time that you to identify your scar, tell your story, heal yourself and to celebrate the uniqueness of your scar. **No two scars look the same but every scar has a story. Everyone carries a SCAR, some are visible and others aren't. Some can tell their stories and others don't know how.**

Searching for the meaning of that SCAR in your life, then making it through and becoming the "STAR" is all life is about. I have scars and you just heard the story of one.

Will you share the story of your scar?

Love and Hugs
Bahi Krishnakhanthan