

4 Hours or 40 Days

Reason for this booklet

When I was in the hospital,
I saw and heard many people
concerned about the 4-hour surgery.
The surgery would be done
by doctors, nothing to worry.
Lying there I felt dreadful,
The 40-day rehab is
what we should prepare for.

KARUNANIDHI

Would like to dedicate this booklet to my parents:

Mr A. Govindasamy and Madam Nagamal

Not forgetting my aunts:

**Madam Sivapakiam, Madam Ponnumani
and Madam Anjalai**

Would like to thank all healthcare workers in Singapore. All at short stay ward. Thank you to all at National Heart Centre, not forgetting 8th floor Rehab. Thank you to my cardiologist who assisted during my surgery. Thank you to all at Intermediate Care Ward and Ward 56 SGH. Thank you to the heart surgeon who performed the bypass. Thank you very much.

Introduction

On July 2014, I felt some pain on my chest at the heart area, did not think much of it, thinking it was just a muscle cramp, as it would last a minute or so. But one morning when I woke up I had the pain and felt dizzy.

Later in the day, I went to the Singapore General Hospital A&E department. They did some tests but could not find anything, referred me to the heart centre.

A few days later at the heart centre they did some blood test as well as an echo test. The consultant doctor told me that they would send me for an angiogram. In the meantime, he prescribed some medicine for me to take.

On August 12, 2014 I went for my angiogram. I was terrified. After 45 minutes or so the doctor told me that I had 2 blockages at 99%. He could fix it or whether I wanted to go for a bypass. Of course, fix it I said. About one hour or so later the procedure was completed with two stents and I was sent to the short stay ward. I was there for one day and the following day I was discharged.

I went home feeling normal. I slowly went back to my usual routine taking my daughter for her walks on her wheelchair and swims, etc. This went on till almost end of 2017, when one day during the usual walks with my daughter, it started to drizzle. I got anxious and felt pain in my heart area.

I went for my usual yearly blood test and echo test. All was good then. My appointment with the cardiologist consultant was in early 2018. I told him about the pain I had. He said that he would send me for a stress test. A few weeks later after the stress test, I was given an appointment to see the cardiologist consultant. During this appointment, the cardiologist told me that he needs to send me for an angiogram. This I was not expecting.

I was given an appointment for angiogram on 6th April 2018. During this angiogram, the cardiologist doing the procedure told me that there were 2 blockages in the same area. He advised me to go for a by-pass. This I was not expecting at all. I thought I would end up with 2 more stents. I had no choice but to agree to the by-pass. I was sent to the short stay ward, where I was told that a heart surgeon would come by to explain to me about the by-pass risks etcetera.

The heart surgeon came by at about 5 pm, briefly told me about the by-pass and the risks etc, 5% chance of dying, 5% chance of kidney failure, stroke etc. I told him that I am agreeable to the bypass. After dinner, I was discharged. No problem finishing my dinner and no anxiety whatsoever.

On the 7th day, after the angiogram, I took my daughter out for coffee. My daughter does not drink coffee. It's just an outing for her. I will have the coffee and she will have some small bites. When we were returning home, it started to

rain. I pushed the wheelchair and ran for about 300 metres, no pain whatsoever.

I went for all the by-pass blood tests and vein scans, and on Friday, 13th of April 2018 was my appointment with the heart surgeon who would be doing the by-pass. My appointment with him was 12.45 pm. By the time my number was called it was 3.15 pm. When I went into the room, it was a lady doctor in the room. She did not say anything, nor did I ask anything as the heart surgeon was supposed to be a male. Again, the bypass procedure and risks were explained to me. I agreed and after signing some papers, I was told to go to another room where the staff told me that my surgery was on the 23rd of April 2018. I went home and continued with my usual routine.

Day 1: 23rd April 2018, Surgery Day

I had packed my bag earlier with one loose slacks, towel, toiletries, registration folder and medicine (in case I am asked what medication I am taking). My wife wanted to send me to the hospital, I said no, waste of time, my time that is. Took the MRT at 5.30am, enjoyed the ride which lasted approximately 45 minutes, went to the 6th floor of the heart center, the heart of all heart action, waited outside till about 7 am as my appointment was at 7.15am.

Went for checkup, blood pressure etc. Shortly I was told to change and was wheeled into a room, it looked like a ware wash area with big steel cabinets. A nice lady in all green came by and asked for my particulars and went over and over again about my details. I was wondering why they wear green during surgery.

Shortly I was brought into another room, the anaesthetist came and introduced himself, told me that he would be putting some intravenous plugs in my arms, one on the neck also if I am not wrong, to administer the medicine. Soon I was brought into operation room 3, where all these was done, no pain etc.

Then we waited and waited, about 45 minutes later, the nice lady in green came by again, gave me a pat and said all would be fine. Doctor/Surgeon would be coming in shortly. During this period, I heard someone say operation theatre one has started, I thought to myself they came after me and have started? Soon they put the mask on to make me sleep. It took some time and I heard loud talking.

Regaining Consciousness.

The first thing that came or flashed into my mind was my wife's face and followed by my daughter's face. (Fortunately, it wasn't other people's wife). Then I felt this very happy feeling, it lasted for a short while, I was not thinking of anything, no idea that I had undergone surgery or where I was, just a happy feeling. Then I thought, if I am in the happy hunting grounds (Red Indian Language for when you are dead you go to the happy hunting grounds.)

Then I heard this sound, "tong! tong! tong!" and a male voice said, breathe, breathe, breathe. I did so and the "tong! tong! tong!" sound stopped, soon again, "tong! tong! tong!" again the male voice said "breathe, breathe, breathe" I did so and the "tong! tong! tong!" sound stopped. After that, whenever I hear the "tong!" sound I would breathe, and the sound would stop. All still while my eyes were closed, and I had no idea where I was, my thoughts were blank and relaxed.

When I opened my eyes, there was this man in front of me and seemed to be doing some things.

Next, I knew, I was in the ward, the time was 3 pm if I am not mistaken. Later I was told that I was in the intermediate care unit, and I was not brought to the

ICU. Here I was more aware of what was going on, my throat was dry, I asked for some water, but the nurse said no water or food, but she would dab some water on my lips. I was falling asleep on & off, my mind was very clear no nausea, no disorientation etc.

At about 8pm, a doctor came by and introduced himself. This is the first time I was meeting the surgeon, he said that I was doing well, I fell asleep again. Then I felt someone stroking my head, I thought, why is the nurse stroking my head, I opened my eyes and saw that it was my wife. My wife told the nurse that she would like to see the surgeon, I heard some shouting that she would like to see the surgeon. Shortly my wife came to see me again. After a short while, I told my wife to go home and I went to sleep.

Day 2: 24 April 2018, Tuesday

Around 5 am the nurses woke me up to have a wipe down. We have wet ones, they have hot ones. Something to slip their hands into and wipe. Believe it is a German product, same brand as the 3-day pre-surgery body wash. After the wipe down, they changed me, it felt good to be clean in the morning.

Around 7.30 am, breakfast came. The nurses propped me up with some pillows and placed the food in front of me. This was the first time in my life, I did not feel like eating, not hungry and I was wondering how I am going to eat without spilling the food on myself. But I did it, the oats were good and nothing on myself or on the sheets. The oats were the right choice, easy on throat.

Shortly later, a lady came by, said she is a physiotherapist, asked me if I am okay to sit up and walk, I said yes. To get out of bed. I had to hug the pillow tight, dangle my legs to the side of the bed and prop myself up to a sitting position. No holding onto side of bed, no one pushing or supporting from behind. It was tough. She told me to put my feet on the ground and stand up. She asked me if I was okay, I said yes. Then she made me walk to the window, all while I had 3 tubes in my side, attached to something that looks like a fish tank.

The physiotherapist carried the "fish tank" while I did the walking. I was surprised that although the tubes were quite large, it did not cause any pain. Then it was back to the bed, made me sit on a large chair. Asked me if I was okay, again I said yes, even though I was having cold sweat. Again, she came back with something and asked me to breathe into it, it was quite difficult, as the bandage on the chest seemed very tight. After a while I felt like lying down again, so it was "hold pillow tight, sit on bed, lie back and use legs to get into comfortable position, not arms."

Lunch came about 12pm, oh boy here we go again; sit up, propped up with pillows. Just then my wife came by with my daughter. I asked them to leave a short while later so that I could have lunch. Again, managed to finish everything. After that, while sleeping or lying in bed, the physiotherapist told

me to practice the breathing every hour. I did it even though I did not like it. Other than that, it was taking medication, painkillers etc.

Dinner came, same thing again, prop-up with pillow. Fortunately, dinner was porridge just like lunch. Then sleep, medicine or blood pressure check.

Day 3: 25th April 2018, Wednesday

Nurses gave me a wipe down at 5 am and changed me. Breakfast came at 7 am, fried Bee Hoon. For every mouthful I took, I had to drink some water, as much as I tried, I was not able to finish breakfast. Therapist came at about 10 am, wanted me to get out of bed. I hold my pillows tight, dangle my legs and sit up. Got me to walk along the corridor, up and down, the therapist was carrying the "fish tank". Came back, got me to sit down and went to attend to another patient. While sitting there, I started getting the cold sweat again, and this time I was seeing colors on the ceiling. At the same time, I felt like going to the washroom, we were given something gooey to prevent constipation. I told the nurse that I needed to go to the washroom, she told me to use a commode, which was a relief. I won't elaborate on this. After which, it was rest on bed.

Lunch; again, I sit up and propped up with a pillow. When I opened the bowl, I started coughing. It was mee rebus and there was a lime in it. The noodles looked spicy and angry. Covered the bowl and waited. Opened the bowl again and started to eat. The very most I could swallow was ten mouthfuls, gave up. Shortly a doctor came by, he removed 2 of the tubes and 2 "fish tank". No pain whatsoever.

Went back to sleep, my wife came to visit me at 3 pm with my daughter. By then I was transferred to normal ward, by the window, I was happy with this. My wife asked me about my meals, asked her to inform the nurse that I would prefer porridge. A nurse came by shortly to inform me that it is a little late, she would try to change to what I wanted. Stayed in bed looking out watching the rain. Dinner came; it was porridge with some meat and vegetable. I was very happy with it. Finished everything, went to sleep, could not sleep as I've been sleeping the whole day.

Day 4: 26th April 2018, Thursday

Nurses gave me a wipe down at 7 am and changed me, still can't do it on my own as there was still one tube and one "fish tank" attached to me. Breakfast was oats.

Shortly a doctor came by and said that he was going to remove the tube and the "tank". Again, I noticed he was using a green cloth. This time it was a little painful, but it was all over in 15 minutes. Was resting in bed when a male physiotherapist came by and said he was going to take me to the gym. A short walk and we were at the gym another physiotherapist in the room asked me to follow him and started doing some warm up exercises after which he asked me if I had any equipment at home, I said we have a gym. Then he asked me to get

onto the bicycle and to peddle above 40 rounds for 10 minutes, then cool down exercise and back to ward. Shortly doctor who did surgery came by, this time around I got out of bed quickly and said I wanted to greet him standing up. The surgeon would come and check on me 2 times daily. He told me that I was doing well and could be discharged on day 5 (Friday).

Lunch was porridge with some meat. After lunch sat in chair and had a chat with patient in next bed, who was admitted the night before for palpitations. He had done bypass in 2014. Then went to lie down and rest, could not sleep, have been sleeping a lot.

My wife came by at 9 pm. I told her to go home as everyone was asleep. She checked with nurse and was informed that I would be discharged the following day. My wife came back and told me not to get discharged (this is a hospital not a hotel) as she had not got a bed as we sleep on a mattress due to my daughter's condition. Yelled at her that I am getting discharged, with that she ran out. Went to sleep looking out the window.

Day 5: 27th April 2018, Friday

Got up at 6.45 am, gave myself a wipe down, shaved after 4 days, sat on a chair, good to be able to do things for myself. Breakfast was oats with some fruits. After breakfast while sitting in chair had cold sweat from 7.30 am to 8.30 am.

Doctor who did surgery came by, told him about the cold sweat, said that it could be the hospital environment. He was correct, at home I don't have it. Told me I could go home today, as I was doing well. Again shortly, the therapist came by and took me to the gym. Did warm up, then cycle for 12 minutes. Did cool down exercises then back to the ward. I sat on a chair, chat with neighbor patient.

Nurse came to tell me that I would be discharged between 12 pm to 2 pm. Asked her for a towel, as I wanted to have a shower. She brought me a towel, cautiously went into the shower, had a good shower, changed into civilian clothes, very happy I could do everything on my own. Sat at lounge area and chat with a neighboring patient.

My wife came at 1.55 pm. Nurse briefed us and gave us 3 envelopes - one to remove stitches at polyclinic on 11 May 2018, one to see surgeon on 17 May 2018 and one to see consultant cardiologist on 6 June 2018. Took a walk to pharmacy, my wife collected medicine, walked to taxi stand, waited for my wife to get the car, reached home at 4 pm and took a nap.

Dinner was porridge and fruits, a bit of TV. Then noticed some blood on socks, needed to wear socks when not active to prevent swelling. My wife called the hospital ward 56, we were told not to do anything unless bleeding. Went to sleep.

Day 6: 28th April 2018, Saturday

Woke up at 7 am. Did warm up exercises, took shower. Fortunately I have short hair, as quite an effort drying my hair. Paced the living room counting aloud, physiotherapist told me to count aloud when doing warm up exercises, etc. Can't remember the reason.

Breakfast at 8 am followed by medicine. About 9 am went to gym. Physiotherapist gave a "Do & Don'ts" write up. In there it was stated 1st week - 15 minutes, 2nd week add 5 minutes and so forth. Fortunately I read it, as 2 weeks before surgery, I was practicing Chi Kong as the exercise after surgery, Chi Kong's a no no.

After gym, took a nap, followed by 50 minutes of True Light for my daughter. To know more about True Light, Google 'Sukyo Mahikari'.

Lunch was porridge and vegetables. My wife makes very good porridge.

1 pm to 2.30 pm nap.

3 pm to the gym, same routine as morning.

4 pm coffee and biscuits with my daughter. Sitting around not doing anything is very boring, went to lie down.

6.30 pm dinner. After dinner, I had some water melon straight out from the fridge, then TV and to sleep.

Shortly it seemed like I was having or beginning to have a sore throat. Quite anxious as sore throat might lead to cough and flu. had some honey water - no improvement. Fortunately I had a presence of mind to call the hospital. My wife did it. Hospital said go to a GP and get some medicine. We left home at 10 pm and back home at 10.45 pm with medicine, antibiotics for 5 days, tablets to help with inflammation of throat and lozenges. Lozenges are very good for itch in the throat. Went to sleep after taking medicine.

Day 7: 29th April 2018, Sunday

Woke up at 7 am. Did all warm up exercises, plus breathing into something the hospital gave, after which shower. Paced up and down living room counting. When my daughter is ready, we had breakfast at 8 am. Instead of coffee, tried tea with honey, after which, sat and relax, wait for my daughter to have shower, etc.

About 9.30 am: gym - 15 minutes on treadmill and cool down exercise. Back home about 9.30 am. True Light to my daughter for 50 minutes. Took a 30-minutes nap.

Lunch at 12 pm. Chicken porridge and vegetables followed by fruits and 3rd course of medicine. Sat a short while and napped until 2.30 pm. Again warm up exercises, breathing exercise. About 3 pm, cycled in the gym for 10 minutes. Back home at about 3.45 pm.

This time tea was a little high class as my wife squeezed some lemon juice into it. Knowing or unknowingly we are improving. Sat and did this write-up, did some reading. Sleepy, went to lie down. Dinner at 6.30 pm. My wife cooked some cauliflower, asked me if it was spicy. I said not at all. 2 hours later I was in the toilet. This went on 2 more times in the night.

Day 8: 30th April 2018, Monday

Woke up approximately 7 am. Did warm up exercises, breathing exercise on gadget given by hospital, shower. 8 am breakfast with wife and daughter, sit and relax. Approximately 9am go to gym with wife and daughter. 15 minutes on the treadmill, cool down exercises, true light for daughter. Took a nap at 11am.

12pm lunch was porridge, vegetable and some meat. Noticed my daughter not too fond of porridge. Back to wash room, stomach still acting up. Nap till 2.30pm, warm up and breathing exercise. 3pm went to gym and cycle for 10 minutes. Cool down exercises.

4pm had tea with honey and lemon juice. I really liked it. Biscuits for my daughter. Sit and relax. 5.30pm someone from Sukyo Mahikari came by to give me true light, received for 50minutes. Introduced tea with honey and lemon juice to that person. While having tea, he told me a joke. A man went to see a doctor. The doctor gave him 2 years to live, the man killed the doctor, the judge gave the man life.

After the visitor left, we had dinner - porridge, vegetables and some meat. Again, my daughter did not want the porridge. Told my wife to cook rice instead of porridge henceforth, something my daughter will eat. 7pm watched TV then went to sleep. For the past 3 nights not able to sleep as I have been sleeping a lot during the day.

Day 9: 1st May 2018, Tuesday

When I woke up I realized that I was able to sleep the night before. Woke up at 7am, usual warm up and breathing exercise. 8am had breakfast of oats and fruits and medicine. Sit and relax, wait for daughter to get ready to go to gym. Approximately 9 am, off to gym. 15 minutes on treadmill, one minute on treadmill is about 105 steps.

Did cool down exercise, do this write up. Give Light to my daughter. 11.30 am nap until 12 pm, followed by lunch of rice, vegetables, some fish and fruits.

After lunch, sit and relax for a while. Then nap until 2.30 pm, woke up, do warm up exercises, breathing exercise as in the morning. get ready for gym, 10 minutes cycling and cool down exercise.

Reached home and had tea with honey and lemon juice. Daughter will have biscuit sit and relax. Sometimes if I am sleepy, I will go take another nap.

Dinner my wife made fried rice with the left over rice from lunch. This was a good idea. Had some fruits, 3rd course of medicine, TV. Went to sleep at 8 pm.

Day 10: 2nd May 2018, Wednesday

Usual, woke up at approximately 7 am, warm up exercises, breathing exercise. The instrument the hospital gave is breathing exercise by mouth. There is a tube you need to breathe into. After this, went to shower.

Breakfast with wife and daughter with oats and fruits, after which rest, wait for my daughter to get ready. 9.30 plus, went to gym for 15 minutes on treadmill and cool down exercises. Back home - True Light to daughter, do this write-up. Normally Wednesdays are my daughter's day out. Botanical gardens, gallery or some place for lunch.

Today I suggested to take my daughter to a nearby shopping centre. It will be 500 metres walk to MRT, take a train, one stop then to lunch, after which got some dessert for my daughter at another eatery. I had yoghurt. Then back home by train, 500 metre walk home. Happy my daughter had an outing, even though I was a little tired. Back home at 1.30 pm, nap until 2.30 pm. Warm up exercises, then to gym 10 minutes on cycle, cool down exercise. Back home for tea. Do this write-up.

A little reading relax with daughter. I am glad that I made this decision not to have any visitors, it is so nice to just enjoy the quiet, look at the greenery, enjoy the rain. 6.30 pm is dinner, take medications, TV until 8 pm. Go to sleep.

Day 11: 3rd May 2018, Thursday

Woke up as usual, warm up exercises, breathing exercise, shower. Pacing up and down living room counting aloud, for what I can't remember. Breakfast with wife and daughter. Do this write-up. Sit and relax, go to gym. 15 minutes on treadmill, cool down exercises. True Light session for my daughter. 30-minute nap before lunch, lunch was rice, some meat and vegetables. I have no problems with bowel movements even though I do not drink as much water as I used to do. Must be the fruits and vegetables.

After which I took a nap. My wife told me that at 3 pm, she has an appointment at the nearby mall. After which she took my daughter for her walking exercise. Before they came back, I got ready. It was about 2.30 pm.

I suggested to my wife that I come along with my daughter. Normally I take my daughter out for a walk 2 times a day, now it's like once every 10 days. Knowing she must be bored, I wanted to take her out again. And off we went. To the MRT station, one stop, to the mall again. Found an eatery, got a coffee for myself, something to eat for my daughter. Fortunately I found an eatery with seats that had a back rest, as my wife's 30 minutes appointment lasted

more than 2 1/2 hours (my wife is a housing agent). I did not mind as my daughter seemed to enjoy sitting and watching the crowd and smiling.

At about 5.30 pm my wife was done. We came home, I was exhausted. Went to lie down for a while, then it was to the gym. Cycling for 15 minutes. Dinner was left over rice from lunch made into fried rice, great idea. Then TV, go to sleep at 8 pm.

Day 12: 4th May 2018, Friday

Woke up at 7 am. Warm up exercises, breathing exercises, shower, breakfast of 2 slices of bread with jam (thin spread) and fruits. Now I don't overeat the fruits, not wanting a sore throat or anything else.

9.30 am gym with 15 minutes on treadmill, cool down exercise, back home, do this write-up. Give Light to my daughter. Take a 30-minute nap. Lunch was rice, some vegetables and tofu, after which relax and rest. 1 pm nap until 2.30 pm. 3 pm gym with 10 minutes cycling, cool down exercise. Back home - tea with honey and lemon juice.

My wife brought some biscuits covered in cheese, I assumed with sugar too as it was very sweet. Had 2 pieces, regretted eating them. More regret letting my daughter eat them also. Not wanting a blockage again, I believe small quantities do contribute to blockage. After which, when I have nothing to do, I get really bored, then go and lie down.

Dinner at 6.30 pm - porridge, tofu with minced meat and some vegetables. 3rd course medicine, TV until 8 pm. Just before going to sleep, I drank 1/2 a glass of water. First time I was able to drink 1/2 glass of water. Before this only able to take sips. On the 2nd day after surgery, after bandage was removed, I felt much better after which my condition has been the same except for being able to gulp down this 1/2 glass of water.

Day 13: 5th May 2018, Saturday.

Usual woke up at 7 am plus. Did warm up exercise, breathing exercise, shower. Breakfast was 2 slices of bread with jam, tea with honey and lemon juice. Rest and relax. 9 plus go to gym, 15 minutes on treadmill, cool down exercise, True Light for my daughter for 50 mins.

11.30 am: take a nap, 12pm lunch, noodles. they were very good, fruits and relax. Nap again at 1 pm till 2.30 pm. Warm up exercises, breathing exercise, to gym 10 mins on cycle, cool down exercise, home, tea with honey and lemon juice. Do this write up, a little reading, got bored went to take a nap. Dinner was rice, sambal tofu, vegetable and some fruits.

7 pm TV till 8.30 pm. Brush my teeth and went straight to sleep. The consultant cardiologist always tells me that oral hygiene is very important. Fortunately, I have a very good dentist at National Dental Centre.

Day 14: 6 May 2018, Sunday

Normal woke up about 7 plus. Do warm up exercises, breathing exercise, shower, still having difficulty drying my hair. Pace up and down living room counting aloud. Breakfast was oats, sit and relax. Off to gym at 9 plus with my daughter and wife. 15 mins on treadmill, cool down exercise, back home, do this write up, True light to my daughter 50 mins. Went to take a nap. Lunch 1 pm, after lunch another nap.

2.30 pm warm up exercises, breathing exercise get ready for gym, 3 pm gym 10 mins on bicycle, cool down exercise. Home approximately 3.30 pm. Tea with plain biscuits, rest and relax with daughter.

4.30pm another nap. 5 pm my wife wanted to bring my daughter for a walk, accompanied them, did not push wheelchair only walked along. Walked for 30 mins nonstop and back home at 6.15 pm. Dinner porridge and fish sambal and fruits. TV till 7.30 pm as my daughter was dozing off, brought her to sleep. I think I hardly slept.

I saw on TV some insurance company talk about something called "My DNA". It seems like they take your saliva, send it for some test and it would show what kind of diet we should have or should avoid.

Day 15: 7 May 2018, Monday

As usual woke up at about 7 am, warm up exercises, breathing exercise, shower. Breakfast was 2 slices of bread with peanut butter, before a bottle of peanut butter will not last more than 8 days, now with the thin spread, it may last for 8 years.

After breakfast, do this write up, sit and relax wait for my daughter to get ready to go to gym. 10 am to gym, back home at 10.30 am. True light for my daughter 50 mins. Get ready to take my daughter to a clinic at the shopping centre as she has been putting her finger into her ears. 15 minutes walk to MRT station, one stop. Walk to the mall, clinic said waiting time is 45 mins. I knew I cannot stand for 45 mins, went to a food court nearby and sat there. About 45 mins. later, it was my daughter's turn. Doctor asked about her condition and our reason for being there, told him about the ears. He checked and said no infection, only dried ear wax. Said he will give us some oil, to apply 2 drops every night and wax will drop out in 2 weeks.

My wife was happy, as she had taken some insurance for the 3 of us. This clinic was in the list of participating clinics. Why was she happy? No payment required.

Lunch we went to a Nasi Padang shop, as I needed kopi O, ordered rice sambal goreng, beans and Assam fish without gravy. Thosai for my daughter (less oil). The oil in the sambal goreng brought me back to the operation theatre, otherwise an enjoyable lunch. My daughter seemed to enjoy the thosai, my wife did not order anything, sharing the meal with us. After lunch, walk to MRT then walk home. I went to take a nap, 3 pm warm up get ready to go to gym. 2nd week from surgery, increased cycling from 10 mins to 20 mins. Cool down exercise. Back home, some tea, a little reading, got bored went to take a nap.

6.30pm dinner, fried rice, pan fried fish, some fruits. TV till 8 pm, went to sleep. Still not used to the socks, can't wait for the 6 weeks duration to end.

Day 16: 8 May 2018, Tuesday

Woke up at 7 am, did the usual warm up breathing exercise, shower. Breakfast with daughter and wife, had bread with jam, asked my wife if jam was sugar free, she read the label and said no sugar added. I said she only needs to remember 6 words. Sugar Free, Less Salt, Low Fat.

After breakfast, rest and relax, before going to the gym with my wife and daughter. 20 mins on treadmill, cool down exercise. Back home, True light for my daughter 50 mins. Do this write up. Nap for 30 mins till 12 pm. Lunch was lentil curry, 1 slice fish and some fruits. Relax for a while, nap time.

There is a 7" or 8" wound on my chest from the surgery, every day it seems to be getting tighter and tighter. I only feel comfortable when lying down, on the 11th of May, I have an appointment at polyclinic to remove stitches I hope it will be better after that.

3 pm warm up exercises plus breathing exercises. After which to gym, 20 mins on bicycle, cycling really makes me perspire. Back home, tea with 2 biscuits with jam, Wrote a cheque to settle angiogram bill. Despite having a "my shield" insurance plan, I still have to pay from "my pocket". Fortunately, we have government subsidy and medishield life. Insurance does not cover as I was not in hospital overnight.

After which a little reading, relax. Another nap till 6.30 pm. Dinner was rice, vegetables and fruits. TV till 8 pm, went to sleep, before that asked my wife to call hospital and ask, it has been two weeks since surgery, do I still need to put on socks when sleeping. Hospital said 5 to 6 weeks, went to sleep with socks on.

Day 17: 9 May 2018, Wednesday

Usual woke up about 7 am, warm up exercises, breathing exercise, shower. Breakfast with wife and daughter. Bread 2 slices with jam and tea and medicine. Now my medicines are lesser than what I was taking before surgery.

8.30am went for a walk with my wife and daughter, my wife pushing wheel chair, mailed cheque to hospital. After 45 mins, home, went straight to gym. 20 mins on treadmill, cool down exercise. Home, True light to my daughter 50 mins. 30 mins nap, 11 am leave for lunch at mall, the usual outing for my daughter, still not up to it to go to Botanical Gardens or Gallery.

Lunch was fish porridge and a noodle dish, fortunately did not order too much. Normally, I live to eat, now it's more like eat to live. Adjourned to another eatery to have ginger tea. Bought some honey for my daughter and came back home, could not wait to go and lie down.

2.30 pm do warm up exercises, 20 mins on cycle, cool down exercises. Back home do this write up, got bored went to lie down. Still do not have anything to do between 4.30 pm to 6.30 pm. 6.30pm Dinner was rice and some vegetables in minced meat. TV till 8pm went to sleep,

Day 18: 10 May 2018, Thursday

Woke up as usual at 7 am, warm up exercises, breathing exercise, shower. Breakfast with wife and daughter, oats and fruits. Do this write up, wait for my daughter to get ready. About 9 am plus, went to gym.

Put treadmill at 2 km per hour, after 6 mins, felt the strain went back to 1.5 kilometres, for the remaining period. Did cool down after which my wife wanted to go for a walk with my daughter, I was just not up to it. Came home, 50 mins of true light with my daughter, after which I went to take a nap.

12 pm Lunch, porridge with 2 vegetables and fruits. Rest back to sleep again till 2.30pm, warm up exercises, breathing exercise, get ready for gym. 20 mins on bicycle, I peddle hard and perspire yet I don't feel tired. It was 3.30 pm very sunny outside. Despite that decided to take my daughter for a walk with my wife. My wife was pushing the wheel chair fast, as there is a dengue outbreak where I live. Was able to keep up with my wife. Came home after 5 pm, coffee and biscuits with wife and daughter. Do a little reading, listen to BBC, did not want to take nap.

6.30 pm Dinner, pasta with some chicken, 2 scoops of ice cream and some fruits. Take medicine, TV till 8 pm, went to sleep.

Day 19: 11 May 2018, Friday.

Woke up at 7.30 am, warm up exercises, breathing exercise, now from 500 mark on the breathing instrument, I am up to 1500 mark, take my shower, breakfast 2 slices bread with jam, kopi-o, medicine, wait for my daughter to get ready. Approximately 9.30 am went to gym, 20 mins on treadmill, cool down exercises.

Back home true light to my daughter 50 mins. Lunch lentil curry and rice. Nap till 12.45 pm, get ready to go to polyclinic to remove stitches. Polyclinic at 1.20 pm, Nurse removed stitches on 3 small areas, it seems there are no stitches on the 6" or 7" wound on my chest.

Was told that there is a gap on 2 of the areas and did the dressing, told me it would last for 1 week, till I see surgeon on the 17th May. But to come back if dressing comes off or if there is an infection. Had a coffee at polyclinic, back home at 3.30pm. When I removed my tee-shirt, I noticed that one of the dressing had come off. Called at 5 pm, hospital said go to polyclinic or GP if wound is infected, lay off gym for 2 days. Took a nap, 6.30 pm dinner, TV till 8 pm. Went to sleep.

Day 20: 12 May 2018, Saturday

Woke up at 7 pm, no warm up exercises, only breathing exercise. Before shower, got my wife to put a dressing on the wound where the dressing was coming off, so that it does not get wet during shower.

Breakfast was oats, fruits and medicine. Wanted to go to GP to check dressing, my wife said no need. I never listen to my wife, this time I did, not because she made sense but because I was lazy. After breakfast do this write up, sit and relax, gave true light to my daughter. Took a nap till 12.30pm. Lunch was rice 2 vegetables dishes and fish. Sat for a short while, went to take a nap till 2.30 pm. No gym, coffee with wife and daughter. I think I must stop eating the biscuits with jam, what do you think?

Do a little reading, listen to BBC, went to take a nap. My wife told me that my niece is coming to visit me. She was the only person I told about the surgery, she had come to visit me in hospital but was denied visit. She and her family came about 6pm, good that she had come with her family, joined us for dinner of home cooked noodles, had a chat, some dessert. After they left watched TV and went to sleep.

Day 21: 13 May 2018, Sunday

Woke up a little late at 8 am, no warm up exercises, only breathing exercise, shower, got my wife to change the dressing on the 2 places that the polyclinic removed stitches and did dressing, as the dressing was all wet.

Breakfast with wife and daughter, 2 slices of bread with jam and coffee. Do this write up, sit and relax, did 500 steps pacing up and down living room counting aloud. Went to take a nap, 12 pm lunch, roast chicken, my wife gave me the breast portion. Did not use my common sense as my daughter was having the greasy drumstick. I should have let my daughter have the non-greasy breast portion of the chicken. I am a real failure.

After lunch, pace up and down living room 500 steps, I had done this before lunch also. Rest for a while, more rest on the bed till 3.30 pm. Woke up, do breathing exercise, pace living room 500 steps, coffee, decided not to have any biscuits. A little reading. The wound on my chest seemed to be getting tighter and tighter, went to lie down.

6pm dinner, pace up and down living room counting to 500 steps. Dinner was a chicken sandwich a glass of low fat milk, some fruits. Pace living room 500 steps, TV till 7.30 pm went to sleep, realized I have not been drinking enough water lately, must drink more water tomorrow. Good night.

Day 22: 14 May 2018, Monday.

Today as usual woke up at about 7am. Breathing exercise, shower, pace up and down living room counting to 500 steps. Over the past few days, I have been having rashes on my thighs and it began to itch. I checked the socks I am supposed to wear at night. At the top of the socks there is a band and on one side there is a rubber, thought this rubber coming in contact with my thigh is causing the itch, I folded the band upwards now no more rash or itch.

Ok continuing with the day. 8 am breakfast, oats and fruits. After which do this write up. 8.45 am left home to see GP regarding dressing of the areas where stitch was removed and to get doctors advise. Took a bus down. Wait time at clinic was one hour. When my turn came told doctor about dressing that came off and for him to give a check. He checked the wound, said it is healing OK and did new dressing. Told me that it is good that I am not complacent about these matters and said that he would give me some dressing for the next few days. Took a bus home, 11 am gave true light to my daughter.

Lunch was rice with 2 side dishes, some fruits. Pace living room 500 steps. Took a rest and went to take a nap. 3 pm did some breathing exercise. Had coffee no biscuits, 500 steps. Rest and a little reading. 4.30 pm got bored and the main surgery wound seemed to be hurting. Went to lie down till 6 pm. Do 500 step. Dinner was cream pasta, some salad and fruits. TV till 8pm. Went to sleep.

Day 23: 15 May 2018, Tuesday

Usual, woke up at 7.30 am, breathing exercise, shower. When getting out of bed, holding pillow tight and dangling legs on one side of bed still applies. After shower, my wife changed the dressing. Breakfast was oats, coffee and some fruits. Did 500 steps. 9 am – went to lie down as the tightening on chest was quite uncomfortable and night before did not sleep well.

10 am – gave Light to my daughter. Went back to lie down. My wife suggested I take the Panadol to relieve the pain. Did so (first time my wife made some sense).

12 pm – lunch was rice, lentil curry and 2 side dishes. Ate quite a bit as I was hungry. Rest, went back to lie down until 3 pm. Had coffee with my daughter as my wife was not in. Gave my daughter only one biscuit. She has been having 3 biscuits a day, multiplied by 30 days, that would be 90 x 12 months? That is too much. From now onwards, only one a day.

After which gave my daughter her drink, wiped her down and changed her. All done within 45 minutes. A little reading and listen to BBC. My wife came back shortly. I was not too enthusiastic about doing 500 steps as tightening on chest was becoming very uncomfortable. Went to lie down after taking 2 more Panadol.

6.30 pm – dinner was thosai with more lentil curry. TV until 7.30 pm as my wife had to go out again (no one to carry my daughter). Took pain killer that was supposed to be stronger prescribed by hospital. Went to sleep.

Day 24: 16 May 2018, Wednesday

Woke up as normal. Appointment at 7 am. Did breathing exercise, shower, 500 steps before breakfast. Breakfast of oats and some fruits. 500 steps after breakfast. Do this write up.

Went to take a nap until 10.30 am. Gave Light to my daughter. Left for lunch at 11.30 am. Walk to MRT station, one stop. Lunch was some duck hot plate tofu, kangkong and one bowl of rice. Took a bus home, drank some water. Took 2 Panadol. Take a nap until 3 pm, not before doing breathing exercise and 500 steps.

3 pm – coffee. My daughter had her one biscuit. Read a book. Do 500 steps, got bored, went to take a nap until 6 pm. Did 500 steps, dinner followed by TV until 7.30 pm. Went to sleep. My wife put my daughter in bed as she had an appointment. Middle of the night had to take one sock off as it was very painful.

Day 25: 17 May 2018, Thursday

Woke up at 6.30 am. Had breakfast of oats, no coffee. Took off to hospital. Registration told me to go to 8th floor of Heart Centre, 8th floor told me to go to 4th floor, 4th floor said need to go to 5th floor for x-ray, then to come back to 4th floor for ECG scan. Then on second thought, the lady said as you are already here, you might as well do the ECG, then go to the 5th floor for x-ray. I said "good idea" and said that this morning, I had been sent everywhere except to the bus depot. While the lady was working out and sorting out my appointments, I was sleeping. I could have taken a feedback form and write about the lady who was helping me out. Here we go again... I am a real failure.

Shortly I was called for ECG. I was given a copy of the scan. Told staff I don't need it. Staff said it was for the doctor I am to see later in the afternoon. I

thought to myself, I am a patient, and they are making me do deliveries. After which I went to 5th floor to do x-ray. Then went to rehab on 8th floor. Paid \$44.50 for orientation.

About 11 am, was done there. Went back to 4th floor to see doctor. I think it was about 11.30 am, saw doctor who did surgery. The moment he saw me, he said, "You have lost some weight, did you go for a surgery?". Then he explained to me that the pulling in the chest area is the healing process. Told me that is it OK to take Panadol. Said he will see me in 3 months' time.

After making payment, dumped all the receipts I did not need into a recycling bin, collected 3 months medicine and went home after having a kopi-o and yong tau foo soup. Very happy with it. Back home at 1.30 pm, drank some water and took a nap.

3 pm – wanted to get back to my routine of going to gym, but as my wife had an appointment, stayed at home, gave Light to my daughter, a little reading, went to take a nap – 30 minutes. My wife was back, went to gym on my own, 10 minutes on treadmill, 20 minutes on cycle. Came home. Dinner was fish curry, rice and some vegetables. The lady at rehab said my goal should be to lose 0.5 kg a week and come to 65 kg. Now I am 67+ kg. I had 3 bowls of rice and 2 big portions of vegetables and some fruits. Took medicine, TV until 8 pm. Took one pain killer, went to sleep.

Day 26: 18 May 2018, Friday

As usual, woke up at 7 am, breathing exercise, shower, breakfast with wife and daughter. Do this write up. Go to gym – 10 minutes on treadmill, 20 minutes on bicycle. 10.30 am – left for my younger brother's house for my mother's prayer. Took this opportunity to inform my family members about my bypass.

After prayer was lunch. Had 2 bowls of rice, lots of vegetable dishes – some stir fried bee hoon, pulot with coconut and gula Melaka, 2 slices of steamed cake with coffee, all homemade. The nurse would be delighted with what I ate. I am supposed to lose 0.5 kg per week. 1.30 pm – left for home.

Once at home, drank some water, took a nap. 4 pm – gave Light to my daughter and a little reading. Listen to BBC. 6 pm – my wife came back from her appointment. I went to the gym – 10 minutes of treadmill, 20 minutes on bicycle. Home at 6.30 pm. Dinner was left over fish curry and rice and some fruits. Took medicine and Panadol. TV until 8.30 pm. Went to sleep after flossing and brushing my teeth.

Day 27: 19 May 2018, Saturday

Woke up at 7.30 am, breathing exercise, shower, breakfast with wife and daughter was 2 slices of bread, now coffee with no sugar. Do this write up.

Went to gym - 30 minutes on treadmill. Give Light to my daughter. 11 am – went to take a nap.

12 pm – lunch was one bowl of oats, 4 slices of bread with jam thinly spread. Received bill from hospital, was told standard bill for bypass surgery was \$35,100, if there are any complications, \$45,000. My bill was \$25,000 plus bulk of it was taken care by government subsidy, then MediShield Life and my integrated insurance plan and finally about \$900 from Medisave.

After lunch, sat and relax for a while. Went to take a nap until 2.30 pm. Did breathing exercise, went to gym – again 10 minutes on treadmill, 20 minutes on bicycle. Check my pulse, it was 80 beats per minute. Went home and had coffee with sugar and 2 biscuits with wife and daughter. A little reading and listen to BBC and went to take a nap.

6 pm – dinner was pasta, some salad and fruits. Had taken 2 Panadol as the tightening was getting very uncomfortable. Took one painkiller and went to sleep.

Day 28: 20 May 2018, Sunday

Was able to sleep, despite going to washroom 5 times. 7.30 am – breathing exercise, shower. Breakfast was bread, coffee and some fruits. Do this write up. Go to gym – usual 10 minutes on treadmill, 20 minutes on bicycle. A bit of reading, True Light for my daughter.

My wife told me that insurance to GP only covers consultation, part of it only. Medicine, dressing and others were charged to her credit card. So much for happiness. The only thing that is certain is government subsidy. Moral of the story: You can laugh all the way to the clinic, once in the clinic, stop laughing.

11.30 am – went to take a nap. Lunch – porridge and 2 side dishes. After lunch, did 500 steps before going to take a nap until 3 pm. Do breathing exercise. Gym – 10 minutes on treadmill, 20 minutes on bicycle.

Back home had coffee. Listen to BBC, got bored, went to sleep. Can't take my daughter for a walk as it was raining.

6 pm – dinner was 6 slices of bread with thin spread of jam, glass of milk, some fruits. TV until 7.30 pm, went to sleep after taking extra strong pain killer. Why am I taking pain killer? I don't know, there is no pain except tightening feeling on chest.

Day 29: 21 May 2018, Monday

Got up at 7.30 am, breathing exercise, shower. Breakfast with wife and daughter, had oats and fruits. Rest until 9 am. Gym – 10 minutes on treadmill, 20 minutes on bicycle.

Back home gave Light to my daughter. A little bit of reading. 11.30 am – take a nap until 12.30 pm. Lunch was rice, some vegetables and chicken curry. Do 500 steps, went back to take a nap. 3 pm – breathing exercise. To gym - 10 minutes on treadmill, 20 minutes on bicycle. Home – coffee for me and biscuits for my daughter. Little bit of reading. Listen to BBC, very relaxing, not bored, did not take a nap.

6 pm – dinner was 4 thosai with lentil curry and some pan-fried chicken, fruits. Took medication. TV until 7.30 pm. Now I take 2 Panadol tables in the morning and 2 tablets at 7 pm. 7.30 pm – went to sleep.

Day 30: 22 May 2018, Tuesday

Woke up a little earlier, as today was the first day of 16-session therapy in the Heart Centre. Shower, breakfast as usual, bread and fruits, no coffee. That is one of the conditions before therapy, as coffee will give a higher blood pressure reading. After breakfast, to the MRT station and off to the Heart Centre. Took the shuttle and was at the Rehab Centre by 9.30 am. Immediately, blood pressure and other preparation were done. Weight – 67.4 kg.

10 am – started warm up, then walk for 10 minutes, followed by cycling for 15 minutes, walk another 10 minutes. My resting heart rate was at 73 beats per minute, with work out it should not exceed 93 beats per minute, according to physiotherapist. My heart beats did not exceed 77 beats per minute. After 10-minute walk, I was asked to get onto the treadmill for 15 minutes, starting at 2 km per hour. I was told to increase speed every 3 minutes. I did so, increasing by 0.5 km. By the last 3 minutes, I was doing 4 km per hour.

No sweat, it was effortless and no sweat as we were in an air-conditioned environment. This is when the physiotherapist came and told me that my heart rate during work out is 77 beats per minute. Said that it is stable, maybe I am conditioned to work out, or the medicine I am taking is controlling my heart beats. Said will check and let me know. Just for info, at home my resting heart rate will be 60 beats per minute and during exercise it will go up to 80 beats per minute and I would perspire a little. In no time, it was 11.30 am. Did cool down exercise, blood pressure reading was taken again, and it was pay money and go home.

Had lunch of yong tau foo soup and took a bus, to get a haircut. Home at 1.30 pm. Took a nap until 3 pm. One of the therapists told me there is no need for me to do any exercise later today. As such, had coffee and biscuits with my daughter and wife. Gave light to my daughter, a little reading, listened to BBC, and took another 30-minute nap from 5.30 pm to 6 pm. Dinner – thosai and dhal (lentil). TV until 8 pm, went to sleep.

Day 31: 23 May 2018, Wednesday

Woke up at 7.30 am. Breathing exercise, shower, breakfast of oats, kopi-O, some fruits, medicine plus 2 Panadol. Went to gym, 15 minutes on treadmill, increasing by 0.5 km per hour from 2 km per hour. End of 15 minutes, was walking at 4 km per hour, cool down 3 minutes, 15 minutes on bicycle, home, do this write-up. Gave Light to my daughter. Wednesdays are my daughter's day out, but the tightening on my chest was quite painful. Fortunately, it started to rain so we cancelled the lunch out. I went to take a nap while my wife prepared lunch. Enjoyed the nap looking out the window and listening to the rain. Lunch was rice, 2 vegetables and fried eggs.

The other day I suggested to my wife to get some salmon, chicken breast, some fish fillet, marinade and keep in fridge. Then we decide meal to be rice, porridge or bread, pan fry whatever we want – salmon, chicken breast or fish, stir fry one vegetable. We will have a safe meal. But who needs simplicity, more complicated the better.

After lunch did 500 steps, went to take another nap.

3.30 pm – gym, same routine as morning. 4 pm – back home. A little bit of reading and listen to BBC. Dinner – pasta. Had 3 servings, followed by some fruits ad 4 dates. Took medicine and Panadol. TV until 8 pm, went to sleep.

Day 32: 24 May 2018, Thursday

Today 2nd day to rehab. Woke up a little earlier, breakfast as usual, no coffee. Took a bus to Heart Centre. Took one hour and 40 minutes, was supposed to be there at 9.30 am but got there at 9.40 am. Was told to get ready. Blood pressure, weight, etc. Instead of losing 0.5 kg, I have put on 0.7 kg. On 17 May, my weight was 67.4 kg, today it is 68.1 kg. Is that not an increase of 0.7kg? Did warm up, bicycle for 20 minutes, walk for 10 minutes, do some weights. All under constant guidance by therapists. Blood pressure check at regular intervals. Again, my heart rate was 71 beats per minute during rest and 76 during exercise. In no time, it was 11.20 am, did cool down exercise. Had Thai noodle soup for lunch and kopi –O. Took the bus home, leisurely ride.

Home at 1.15 pm. Took over giving lunch to my daughter from helper, gave my daughter some juice and water. Took a nap until 3.30 pm, had coffee, gave Light to my daughter. A little reading, listened to BBC.

Dinner – pan fried chicken breast, baked vegetables, one bowl of green bean porridge, some fruits. Took medicine and 2 Panadol. TV until 8.30 pm went to sleep. I would like to lose 1 kg when I go back for therapy on coming Thursday. Let's see if I can do it.

Day 33: 25 May 2018, Friday

Woke up as normal. Breathing exercise, showered. Need to apply lotion on body after shower, as nurse said my skin is very dry. Lotion will be absorbed after hot shower, as the pores will open up after hot shower.

Breakfast with oats and dates, some fruits and coffee. Do this write-up. Go to gym, 15 minutes on treadmill, 15 minutes on bicycle. Back home – a little reading. Waited for my daughter to finish her swimming and shower. After which, off to lunch, to make up for Wednesday. My wife ordered mee pok dry and Korean Bul Ko Ki. Fortunately, mee pok was not too greasy, I think I ate too much of the rice.

Home at 1.30 pm. Took a nap until 3 pm. Back to gym, same as morning routine. Home gave Light to my daughter, a little bit more reading. Took a short nap. 6 pm – dinner. Guess what? Shepherd's pie! Again I am certain I ate too much. Had a glass of milk fed my daughter her dinner and gave her medicine with water. TV until 8.30 pm. Went to sleep. Did not sleep well, thinking about my daughter, how to get her to lose weight.

Day 34: 26 May 2018, Saturday

Up as usual. Do breathing exercise, shower. Breakfast – bread 2 slices, jam thin spread, some fruits followed by medicine. Do this write-up, gym 30 minutes on treadmill at 4 km per hour. Back home, a little bit of reading. True Light to my daughter. Lunch – porridge, too much. Had 4 bowls, one vegetable, chicken pan fried with capsicum. Rest and took a nap until 3 pm. Breathing exercise, gym, same routine as morning. Back home at 4.30 pm. Attended visit by minister to our estate. Don't know who told minister about my bypass. Minister who also happens to be a doctor checked my surgery wound and said it is healing very well. Told him I am very happy with our health care system. 6.30 pm – home. Took medicine, TV until 8.30 pm, went to sleep. Could not sleep, as not only had I eaten fried food during minister visit, I had let my daughter eat it too. Told myself I cannot allow this to go on.

Day 35: 27 May 2018, Sunday

Usual 7.30 am – woke up. Did breathing exercise. Breakfast – oats with 5 dates, some grapes, kopi-O kosong, do this write-up. Off to the gym - 30 minutes on treadmill, gradually increasing to 4 km per hour. Back home, took my daughter for a walk approximately 40 minutes, with my wife pushing the wheelchair. Nice walk despite the drizzle. Home – gave Light to my daughter. Listened to BBC, took a nap until 12.30 pm. Lunch – 2 slices of bread with margarine, a bowl of dragon fruits. Off to another nap. Happy with the very light lunch, except for the margarine on the bread.

2.30 pm – back to gym, same routine as morning. Came back – coffee with my daughter. Only one biscuit for my daughter, not 3. After which, a little reading.

Took another nap, no afternoon walk as my wife had an appointment. Got bored, so took another nap.

6 pm – dinner – cranberry bread with milk and some fruits. Daughter had Nestum with banana. TV until 7.30 pm, went to sleep. Happy that my daughter’s meal was safe.

Day 36: 28 May 2018, Monday

Up at 7.30 am. Breathing exercise, shower. Breakfast – 2 slices of bread, kopi-o kosong, some fruits, medicine, taking Panadol 2 tablets once after breakfast and again after dinner. Do this write-up, go to gym – 30 minutes on treadmill gradually increasing to 4 km per hour. Back home – little reading, give Light to my daughter. Take a nap, lunch – one bowl of oats with 5 dates, some fruits. Take another nap until 2.30 pm. Back to gym – same routine as morning. Back home – kopi o with sugar, 2 biscuits. Daughter had one biscuit followed by 2 cups of water.

Since I have not been able to push my daughter’s wheelchair while going for a walk, I thought I could pick up litter. But my wife said she needs to go out and be back later. I wanted to tell her to come back say about 4.30 pm so that we can take our daughter for a walk and I could pick up litter. I did not tell her anything as I wanted it “to happen and not make it happen”. And surprisingly, my wife came back at 4.30 pm and the first thing she said was “shall we go for a walk?”. I took a tong and a plastic bag and off we went. I wanted to do this for my aunt Madam Ponnnumani who would point out to me when she was with us – “why do people litter when there are bins?”

Back home at about 5.30 pm. Sat and relax, no napping. Dinner at 6.30 pm – half bowl of rice with fish curry, 3 slices of bread, milk and some fruits. TV until 8.30 pm, went to sleep. Happy that my daughter did not over eat.

Day 37: 29 May 2018, Tuesday

Usual woke up at 7.30 am. No breathing exercises. Needed to go washroom first, shower. Breakfast with oats with 5 dates. Why 5 dates? I don’t know. Same for my daughter. Kopi-o kosong for me, fruits and milk for my daughter. Do this write up. Go to gym – 30 minutes on treadmill, gradually increasing to 4 km per hour. Back home, while sitting, felt a sharp pain on my heart area. On a scale of 1 to 10, it would be 5. Came off and on 5 times. Later, little bit of reading. Gave Light to my daughter. Went to take a nap until 12 pm. Lunch – 2 bowls of porridge with 2 vegetable dishes. Determined not to over-eat and most importantly, my daughter not to over-eat. After which nap again until 3 pm. Breathing exercise, to gym. After 15 minutes on treadmill, I felt the pain again. My wife came by and told me I have some visitors. Stopped and went back home. After visitors left, I had coffee, biscuits for my daughter. Little bit of reading, listen to BBC (guaranteed no fake news!).

5.15 pm – went to take another nap until 6 pm. The whole day slept for 5 hours. 6 pm – dinner. 2 bowls of porridge, 1 cabbage side dish, some fruits, followed by medicine. TV until 8.30 pm, went to sleep. Much later in the night, my daughter started to sneeze, and I felt a sore throat coming on. Fortunately my wife reminded me about lozenges. Took one and went to sleep.

Day 38: 30 May 2018, Wednesday

Throat was OK in the morning. Got up as usual, took shower. Breakfast – 2 slices of bread, kopi-o kosong, some fruits, do this write up. Decided not to go to gym today. A little reading, give Light to my daughter, took a nap. Wednesday is my daughter's day out.

11.30 am – left for lunch. Took train, went to a Thai eatery, had pineapple rice, fried noodle and some stir fried meat. First time. I made sure I did not over-eat and so for my daughter. As such we had to pack food back home. Went to supermarket and bought some fish, chicken breasts for my meals of rice, fish or chicken and one vegetable.

Home by 1.30 pm. Drank some water. Now I am able to drink a full glass of water in one go. Took a nap until 3.30 pm. Had coffee with my daughter. A little reading, listen to BBC. 6 pm – dinner. 6 slices of bread, glass of milk, some fruits. TV until 8.30 pm. Went to sleep.

Day 39: 31 May 2018, Thursday

Woke up a little earlier, as today is therapy day. Had shower, breakfast of oats with 5 dates. Why 5? I don't know. No coffee. Took a bus to Heart Centre. I think a bus ride is more convenient, takes longer. In the train, I take a seat, there may be a girl wanting the seat. In the bus, not so obvious, the bus it is. Was at the Rehab at 9.40 am. Moment of truth. Weighed myself – 67 kg, down by 1 kg. After which therapist asked me if I had any fall or pain. Told him about the pricking pain I had on Tuesday. He checked a file and told me that some veins were harvested from my heart for the bypass. As such it is quite common to have the pricking pain. He also told me that the wound has healed but the tightening on the chest is the muscle protecting the wound. Delighted with what I heard, can cut down on Panadol, told myself. Yes, I do talk to myself.

Did the normal exercises – bicycle for 20 minutes, walk for 5 minutes, do some weights, walk treadmill 20 minutes, went up to 4.5 km per hour. All this is done under close supervision. Cool down exercise, take blood pressure, pay money and go home. Told the staff not to print any receipt. Being environmental-friendly.

Lunch – big bowl of Yong Tau Foo. All the time during exercises, I was only thinking of lunch. Took the shuttle to bus stop and took a bus home. Came home at 1.30 pm. Drank some water and went to take a nap. 3.30 pm – breathing exercise, kopi-o, biscuits with my daughter, give Light to my daughter, a little reading, listen to BBC.

5 pm – take my daughter for a walk with my wife pushing the wheelchair, me picking up litter. Met a neighbour and told her that picking up litter was recommended for bypass patients. She said yes, it must be good for the heart.

Just as we were coming to our block, tragedy or almost tragedy – my wife tripped and fell. The wheelchair fell backwards. Out of reflex, I wanted to carry the wheelchair up but my wife shouted, “No! No!” Then I realised I should not lift the wheelchair up with my daughter in it. A passer-by helped with the carrying. She may have wondered why the man is not doing anything.

Got home, have my daughter some water. Rest for a short while. Dinner – some rice, one fish, some vegetable. From now on, this is the routine so that I can sleep well at night, not worrying about my daughter’s diet. 7 pm – TV until 8 pm. Go to sleep.

Day 40: 1 June 2018, Friday

Raining through the night. Enjoyed it. Got up at 8.30 am only. Breathing exercise, shower. Breakfast – 2 slices of bread, some fruits, medicine (no Panadol in the morning), do this write up. Go to gym – as usual 30 minutes on treadmill, starting at 2 km per hour and increasing to 4.5 km per hour. Back home – rest, give Light to my daughter.

Lunch as 12 pm – porridge, 2 vegetables, some fruits. What’s good about taking this light meal is that I can go straight and take a nap. But did not do so, waited for my daughter. Went to take a nap at 1.30 pm.

3 pm – gym time. Same routine as morning. Take my daughter for a walk at 4 pm, plus pick up litter. Went to a nearby Indian restaurant to have tea and something to eat. As usual my wife has a knack for ordering food that is not healthy. Came in just in time to change order and save my daughter from eating oily food.

Walked back home picking up litter. Home at 5.30 pm. Rest, a little reading. Dinner – porridge from lunch and one vegetable, pan fried fish, some fruits, medicine and Panadol. TV until 8.30 pm. Went to sleep.

Today is the 40th day – end of write up. But I think the title should be – “4 hours and 4 months” not “40 Days”. Bye bye everyone. Hope booklet will be helpful.

We cannot buy peace of mind, but we can pay for it.

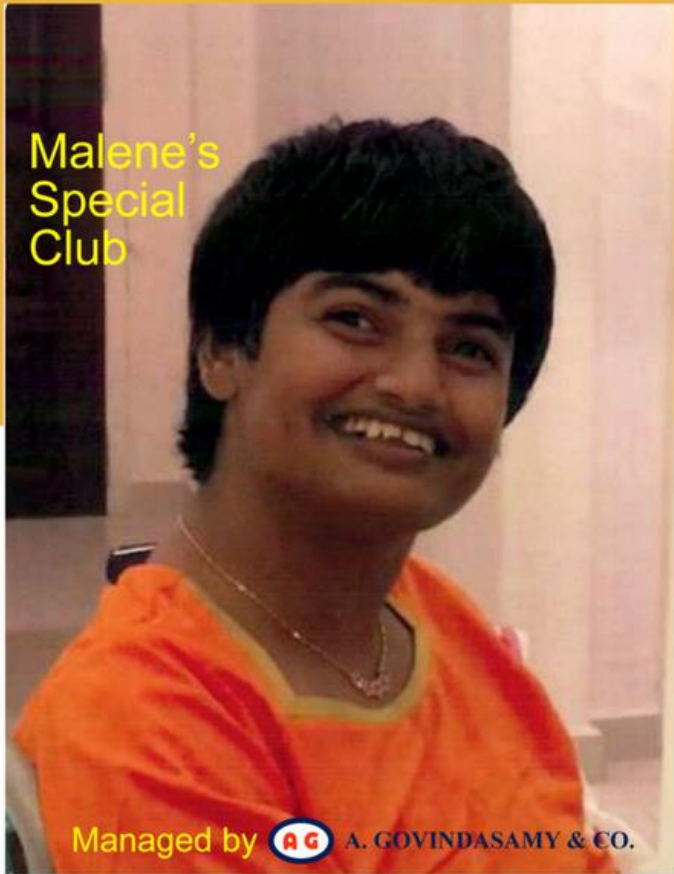
What this means is, we can spend millions buying a house or hundreds of thousands buying a car.

*No guarantees that toilets won't leak,
or cars won't break down.*

Just pay for the repair and move on.

f @YES! ITS ALL
ABOUT MY DAUGHTER
MALENE'S SPECIAL CLUB

Malene's
Special
Club



Managed by **AG** A. GOVINDASAMY & CO.

IN MEMORY OF AG SIVANANTHA KRISHNAN

www.agovindasamy.com