



Disability campaigner delighted with success of her new book

A MAYO disability advocate is delighted with the success of her book, 'Be Yourself', telling the story about her life with rheumatoid arthritis.

Ann Marie Healy, Belmullet, was diagnosed with rheumatoid arthritis when she was five years old and has been involved throughout her adult life in an awareness campaign to improve services for people with rheumatoid arthritis in Mayo.

A little girl of five and already living in a body that hurt constantly, Ann Marie Healy knew in her first year in Glenamoy National School when she complained of pain in her limbs.

This was the start of a life of pain that spanned through the years. The rheumatic fever raised its head as juvenile arthritis by the time Ann Marie was 10 years of age, and she eventually had to use a wheelchair in her early 30s.

Operation after operation and strong determination has made life bearable for this remarkable woman.

The book is a collection of stories kept by her through the years of having to cope with pain. It has opened readers' eyes to a real life situation and proves that there can be joy beyond the pain.

"When I was a child, arthritis was just a big word," she recalls. "All I cared about was doing the same things that my school friends were doing, but it was hard. At school, I had difficulty writing and would get very tired."

Ann Marie has undergone several operations, including hip, knee, shoulder and elbow replacements. There is no cure for the condition but these days, if it is caught early, drugs can be quite preventative.

She readily acknowledged that she has had several "bad years", where she has found things particularly tough. For example, in her final year of college, she had to have extensive joint replacement surgery, which meant completing her diploma from home. "Throughout my life, I've had to deal with chronic pain. I take morphine and employ conscious strategies to keep my mind off the pain, including listening to music, watching a video, and generally keeping my mind active. If you don't keep busy, you become more aware of the pain and it takes over."

She was always concerned about becoming a burden on her family and valued her independence. It helped immensely that they were supportive without being over-protective. "My family knew if I needed assistance I would ask for it and were always there to support me in achieving my goals."

These goals included pursuing several educational courses and achieving her dream of going to college at Sligo Institute of Technology, where she studied social science. Living away from home was a big step but Ann Marie loved the whole college scene, and the opportunity to meet new people.

She believes that positive thinking and surrounding yourself with positive people enables you to achieve a great deal despite facing daily challenges as a result of arthritis and chronic pain.

Lobbying on issues such as access, transport, employment and health care helps to keep them on the political agenda. Through the pages of her diary, and in her own words, we are presented with a personal account of what it is like

to live with disability in Ireland today.

The book was published by Choice Publishing and is available at local outlets.



Ann Marie Healy (left) being interviewed on Eric's local radio.

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Elizabeth Lumley



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