



Katherine's Diary

THE reception class teacher from Burton, describes in her own words what daily life is like living with chronic myeloid leukaemia (CML). In the early part of last year, the 33-year-old, from Balfour Street, spent nearly eight weeks at the Queen Elizabeth Hospital in Birmingham undergoing intensive chemotherapy. Thankfully, last September, Katherine was able to announce that a suitable bone marrow donor had been found in Europe and a transplant was planned and took place for late October.

Monday, February 3

My energy levels have been very good today but I'm back to battling nausea and trying to accurately time my meals and tablets.

We have to make the most of the days when I am feeling energised and so I've been trying to catch up on some of the correspondence I receive through email and social media.

My ever-increasing follower list on Twitter proves that people must be interested in my condition and charity efforts.

Tuesday, February 4

My 100-day marker is drawing nearer – Thursday is the day when I reach the milestone.

Nothing spectacular happens on this day, it is purely a benchmark used by doctors for assessments.



WINNING TEAM . . .
Katherine and Stephen Sinfield are continuing to battle back from her cancer diagnosis and her bone marrow transplant.

Katherine reaches 100 day recovery milestone

by Rob Smyth
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A BURTON teacher who is currently battling back from leukaemia after undergoing a bone marrow transplant has reached a milestone date in her recovery.

Katherine Sinfield, of Balfour Street, revealed that today marked 100 days since she underwent the operation that doctors said was the only chance to save her life.

The 33-year-old told the Mail that health chiefs use the marker as a point for transplant patients to know how well the procedure had worked – thankfully she has escaped any nasty side-effects and is now looking forward to the future and seeing if the bone marrow continues to adapt well to her body.

Katherine, who is married to Mail journalist Stephen, said: "There is no quick fix for leukaemia but thankfully the two largest hurdles are now safely cleared.

The first was finding a matching donor and the second was completing 100 days.

"The 100-day marker is used by doctors worldwide as a benchmark for transplant patients – if

things are likely to go severely wrong or if you're going to face debilitating side-effects, then the first 100 days is when the bad news most frequently strikes.

"Thankfully, my 100 days have been better than anticipated.

"Admittedly, I was rushed back into hospital within my first week of being home and I have battled constant nausea, mouth sores, fatigue, dry skin and muscle pains, but these grumbles are worth it when you consider I have new stem cells from a mystery lady.

"Unfortunately, there isn't a magic switch which is flicked at day 100. Nothing drastically different happens on day 101 compared to day 99 – the 100-day marker was just another hurdle for me to overcome.

"It's still too early for me to say if my transplant has been a success as we are waiting on the results of my latest bone marrow test.

"A good test will show that my bone marrow is made up of between 90 and 100 per cent donor cells rather than my very own cell type.

"Having too many of my own cells increases the risk of the leukaemia returning."

'Thankfully, my 100 days have been better than anticipated'

Katherine Sinfield

Drive set to continue for donors



KATHERINE is urging people to 'Take Five Minutes' and register to become a blood donor.

The 33-year-old made the plea as she continues her recovery.

Her plight has been highlighted as part of a Mail campaign, which was set up to get more people to donate blood and sign up to the bone marrow donor register.

She is asking Mail readers to 'give blood' which will help others who find themselves in a situation similar to hers.

She said: "Not only can they register to become a bone marrow donor but they can also donate and help out so many people, not just me.

"So I ask people to 'Take Five Minutes and register to be a blood donor and then set by around an hour to give blood and help save a life."

For more information on how to become a bone marrow and blood donor, call the National Blood Service Donor helpline on 0300 123 2323.

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