

My Monday Memo

March 28, 2022

Adventures in the PNW

Issue 96

Welcoming A New Addition

By Rachel Brandes

A new and different sort of adventure took place this week and continues to have an impact as of the drafting of this issue. Rachel was treated to something she's never experienced before in the way of a sty. According to the Mayo Clinic, "A sty is a red, painful lump near the edge of your eyelid that may look like a boil or a pimple. Sties are often filled with pus. A sty usually forms on the outside of your eyelid, but sometimes it can form on the inner part of your eyelid. In most cases, a sty will begin to disappear on its own in a couple days. In the meantime, you may be able to relieve the pain or discomfort of a sty by applying a warm washcloth to your eyelid. According to Rachel, "A sty is pure evil that takes over your face."

This journey began on Thursday, March 17th when Rachel woke with a bit of pain and swelling on her left eyelid. When she pulled up on her eyelashes, she found what appeared to be a tiny pimple on the inside of the upper eyelid. She had heard of a sty but had never the pleasure herself. She jumped onto the Mayo Clinic website, as a trusted source, and read that this should resolve within a couple of days.

Friday, day two was far worse. Rachel wasn't concerned and believed the hot compresses should do the trick. She had a regularly scheduled call with her boss, Dr. Yu, on day two and he advised her to pick up OCuSOFT Lid Scrub to help keep the eye clean. His sister-in-law is an ophthalmologist and has recommended this to him in the past, so Rachel picked some up that morning.

The weekend was hellish. The sty not only caused swelling and pain in the eye, but headaches due to pain and the right eye overcompensating for the left. The edema had become so significant under the eye that Rachel had difficulty wearing glasses. All of this elevated her anxiety and being unable to practice yoga or take her normal lengthy walks, which are her primary sources of anxiety busters, Rachel was left feeling frustrated and a bit frightened. By the time Sunday night rolled around, Rachel was anxious to call her ophthalmologist first thing Monday morning. The sty was not resolving but getting worse.

Oddly enough, when Rachel woke Monday morning, the swelling had decreased but the sty had grown, and the pain was much more significant. Rachel's ophthalmologist verified there was no infection in the eye and was able to destroy the sty. He warned her that the way a sty works is to regenerate until the eye is no longer "mad" at her. He advised to continue with the hot compresses and call him back Thursday if there was no significant improvement.



The new addition, a split leaf philodendron, is situated in the living room corner by the window to provide a bit of sunlight.



The rest of the plant family resides on the office windowsill. The small purple planter holds a successfully propagated plant from its parent plant located to its right.

Rachel is fully aware of why her eye was mad at her and will make every effort going forward not to provoke the evil eye demons ever again. As anyone that practices hot yoga knows, the sweat dripping in your eyes is something unpleasant. During a class, one may touch the floor next to their mat and subsequently wipe their eye with a dirty finger. This is clearly not the best course of action.

When Rachel woke on Tuesday, it was clear that the ophthalmologist had seriously pissed off that eye. The edema had nearly caused eye to close in on itself. Thankfully, by Thursday, there was significant improvement, and the swelling had resolved. What remained was now a sty on the outside of the upper eyelid. It was what can only be described as a red rock-hard pea-sized knot with a visual sty at the center pressing down on the eye. This was extremely painful. Rachel called and spoke with the ophthalmologist for good measure and reassurance. He advised to continue with the hot compresses, and he would see her Monday for her regularly scheduled annual eye exam.

As of weekend number two (not pictured), the knot on the upper eyelid was nearly gone, yet still painful to the touch. The hot compresses continued, and Rachel will now treat her eyes with baby gloves out of fear of another sty.

On a brighter note, Rachel being forced to sit at home more than usual, enjoyed her office plants and seeing the progress they have made in her care. She tended to their root systems and replanted all of them, even upgrading a couple to larger planters. The success of the office plants was the *impetus* that drove Rachel to procuring a new addition; a large plant for the living room. She is quite excited to now have greenery in the main living space and looks forward to watching it flourish. Until next time, keep your eyes clean, and be well.

A Photo Journey of the Sty



Thursday



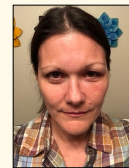
Friday



Saturday



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday

Today is... March 28th

National Something On A Stick Day

On this day in 1979

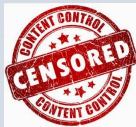
At 4:00 am an automatic valve mistakenly closed at the [Three Mile Island](#) nuclear power plant near Harrisburg, Pennsylvania, culminating in [radioactive leakage](#).

Quote of the Week

"Think for yourself, or others will think for you without thinking of you."

- Henry David Thoreau

MIRA'S PHOTO OF THE WEEK



This Photo by Unknown Author is licensed under CC BY-ND.

While a double-dose series of photos by Mira was promised last week, the mother has since chosen to withhold her birth photography at this time. Next week, we still hope to bring you photos of her newborn.

Showing Support

From time to time, residents of Rachel's city will show their support for local law enforcement and firefighters. Last week, a small token of appreciation for the police was left outside of their door. The police station is located next door to Rachel's apartment, so she walks by their door almost daily and has the pleasure of seeing these kind gestures.

A painted rock was even left at the door.



Did you find it?

Merriam-Webster's Word of the Day
March 27, 2022

Impetus

"a force that causes or encourages something to be done or to become more active."