

Daihiana: Living with Surgical Menopause

Daihiana: My daughter, Daira, she's amazing. I will say that that's my best friend.

Daira/Daihiana's Daughter: It's that quiet togetherness. Even if we're not saying anything to each other, we know that we are there for each other. We have that care. Our relationship is really tight-knit. Of course, it's had its up and down, and it's been a long journey to come to this point.

Daihiana: In 2017, I was diagnosed with fibroids and ovarian cyst. I went to a doctor. He only removed part of the fibroids, not all of them. So, I went to a different doctor in 2020. She said that I even had endometriosis. In 2023, I started having pain, and I started bleeding. I was bleeding for a whole month.

Daira/Daihiana's Daughter: The most frightening part of this journey was initially when she was trying to get these doctor appointments to figure out what's wrong, I was getting nervous because it was just kept persisting and getting worse.

Daihiana: I had to see three different doctors. I went for the ultrasound. They found a big mass. We didn't know what was it.

Daira/Daihiana's Daughter: She would be in pain. She'd have parts of her body that were falling asleep. So all these symptoms just coming in and worsening over time.

Daihiana: It was too much. The pain was too much. I said, "I want the hysterectomy."

Daira/Daihiana's Daughter: For an only child, sometimes you get really lonely. So, I would be like, "Hey, I kind of want a sibling. That way I can take care of someone."

Daihiana: When I decided to have the hysterectomy, a part of me didn't want to. I always wanted to have two children, but at the same time, I was like, "I need this to be done." It hit me really bad.

Daira/Daihiana's Daughter: By 16, I want to say, I came to terms with it, like, "Okay, I'm going to be an only child, but at least I can be there for my mom."

Daihiana: Surgical menopause is different than the regular menopause because after the hysterectomy, the symptoms just come all at once. The hot flashes, the brain fog, the lot of changes, and when it comes to the skin, like dry skin, and it's different than the regular menopause.

The best advice that I could give a woman who is going through the same process is to educate yourself. Physically, my body has changed. The emotional, the emotions, it was something that I never expected.

My life was not perfect, but it was good before the surgery. Every day, I think, "What will have happened if I didn't have to go through the surgery?" [long pause / chokes up] Sorry.

After few months, I went back and got another appointment. It helped a lot, but I was not able to sleep. She said, "Okay, let's prescribe progesterone."

The first two weeks, they were horrible because I started having side effect. After the two weeks, I was able to sleep. So, right now, I take progesterone at night and use the estrogen, the patches, twice a week.

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It is much better now, not the best, but comparing to the symptoms that I was having and everything, it is much better.

Exercise was a therapy for me, especially because I always love exercising. It's like a fun for me to escape the real world. I'm a different person. My daughter, she does work out with me. At the beginning, she didn't want to, but then it was like some sort of spending time together. She enjoys now exercising. Whenever I don't feel like doing anything, She is the one who say, "Mommy, let's go."

I would like to say to somebody who is starting going through these issues, is, "You are not alone. Find someone who can understand you and can listen. You should not be doing this alone."

Daira/Daihiana's Daughter: She's really strong. I'm not sure how many women go through this really, or how they tackle this journey, but as someone who lives with her and sees it happening day to day, I would say that she is very strong, and I'm very proud of her for how far she's come.