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# A CHRONIC VOICE

HEALTH BLOGGER, WRITER & WEB DEVELOPER

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## SHERYL CHAN

Hello I am from Singapore, a sunny island in Southeast Asia. I live with multiple chronic illnesses which include:

- Systemic Lupus Erythomatosus
- Antiphospholipid Syndrome (a blood clotting disorder)
- Sjögren's Syndrome
- Epilepsy
- Paroxysmal Supraventricular Tachycardia (a heart rhythm disorder)
- A repaired mitral heart valve (annuloplasty band)
- Clinical Depression & Anxiety

## THE BLOG

### For Caregivers:

To provide insight into what life is like with chronic illness. You may be trying your best to be supportive, yet still struggle to understand what it is that your loved ones truly need.

### For Medical Researchers & Doctors:

To provide real life experiences and feedback, in hope that the accumulated data is useful for scientific research and findings.

### For Myself:

A cathartic process that forces me to be mindful and self aware.

### For Those Who are Suffering:

To let them know that they're not alone and that their pain, no matter how great or small, is valid. Through the solidarity of suffering in many forms, I hope that it enables us to be the best that we can be.



*\*Last Updated: 25 August 2020*



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# CONTACT ME

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