

# Diana's Story

**Born in 1969**

Written in March 2018



## **Diagnosis in 2010**

In June 2010 I started writing my first personal story for this site. This was followed by two further updates and now, in 2018, I think it's about time for a brand new story - an abridged version. After all, I am the writer of several books about my personal experiences. For fuller details I suggest you read my books and websites. Also, you are always welcome to send me an email with any questions you may have.

I was diagnosed when I was 39 years old. They were trying to find out the reason for several miscarriages I'd had, but they couldn't find any reason for them. Just by chance, the Clinical Geneticist spotted the Triple-X chromosome. I was told that it was found in all 30 of the cells that were tested.

## **Recognisable Symptoms**

For me this was, above all, an absolute revelation – I finally knew what it was that I had been battling against all this time. The symptoms that I recognize in myself (the ones I found on internet, as well as the ones that the doctors couldn't explain where they were coming from) are: sensitive to allergies, a need to be acknowledged, emotionally vulnerable, lack of focus / panic attacks, sensitive to anaemia, hormonal problems, sensitive cartilage tissue, low self-image, lower back problems / tendency towards scoliosis, poor muscle tension, taller than most of my classmates, menstrual problems, not very good in a group situation, difficulty putting things into perspective, difficulty keeping up at sports, neutral facial expression / prominent jawline, not good at expressing oneself, psychosomatic problems / tendency to hyperventilate, sensory sensitivity, bad teeth, bad at telling stories in a fluent way, easily tired, oversensitive to stress, distorted mobility, a caring character.

### **The Author of 5 Books about the Diagnosis**

I've always been a storyteller and I have always liked writing stories. Since I was diagnosed in 2010 I have finally had the chance to summarize all that I have written into 5 books about the Triple-X syndrome diagnosis. I have also published poetry collections and a further story about my experiences. My diagnosis was recognized by my social welfare organisation and I changed my name into a pen name that suited me more than I could ever have dreamed of. Through writing down my story, I got to know myself better and I could help lots of other people who were coping with the same obstacles as me. All 5 books about the Triple-X syndrome have been translated into English. I have written 2 books for adults and 3 books for children.

### **Support in Everyday Life**

In total I suffered 5 miscarriages and my womb was operated on in 2011 and 2015. Since March 2017 I have been living on my own with my dog after I ended my 8-year relationship with Chris, who features in almost all of my books. I like to research a lot of things myself, and I prefer to only take on things that I like to do. Nevertheless, I have had a lot of problems keeping my administration and finance in order. Since October 2017 I have received home help from Eveen and since September 2017 an Administrator has been taking care of my financial administration, including a debt settlement plan. Always there for me in the background, my many lovely friends have played a great role in helping me through.

### **Social Security Benefits and Work**

From May 2010 until February 2018 I received a long term sickness benefit (WIA) from the Dutch Employment Insurance Agency, UWV as I had been diagnosed with Triple-X syndrome and was considered to be 80-100% incapable of working. I already have more than 20 years' experience of administrative work and in the penultimate year I also did some cleaning jobs in people's homes. In 1998, having taken the exam 7 times, I finally got my driver's licence. Since 2013 I have had a special taxi card from the local council because I no longer dare to drive on my own or take public transport. Since January 2018 I have been working on a project via the social work organisation, WNK, and my case is now being taken seriously. It is beginning to look like this chapter in my life is also going to have a positive ending. I really don't like sitting around and it would be fabulous if I could get back to doing my old job again, working in the archives.



### **Animals and Nature**

I have always really loved being outside, even though I prefer the autumn and winter to the warm summer months. I love to walk and cycle. Between 2007 and 2009 I used to live near a dairy farm where I could cuddle the cows and hold the chickens every day. I have had cats for many years and for a few years now, I have had a dog, too. I used to be a voluntary worker at a children's farm and I hope one day to have my own big plot of land where I can keep a few pets, to look after and cuddle. I can be myself when I'm with animals and I love looking after them. Keeping busy outside, breathing in the fresh air brings peace into my life. And when it starts to snow..., I run through the snow and can't stop laughing out loud...