



## q comment:

### ANOTHER YEAR SAME PIFFLE



I had no idea just how profoundly a brief ten-day stay in the Alfred Hospital's Intensive Care Unit would impact my entire life—but it did, and it still does to this day.

My life changed in January 2023, and unfortunately, not for the better.

To explain: my kidneys completely failed | my lungs were infected with a very aggressive (new) strain of pneumonia | the infection entered my bloodstream, making me toxic and dangerously close to death | my heart struggled immensely to cope with everything.

Saying I was weak after dialysis would be a serious understatement, but my family's support was unwavering—a fact I will always remember. My sisters and I had never been particularly close, but something shifted during that time, and I don't believe it will change back... at least, I hope not.

Two years later, my health remains uncertain, returning to my previous level of functioning seems impossible, and my financial situation is far from good (in fact, it's quite disastrous).

Some might say it was a life lesson, teaching me that I'm no longer young and need to slow down, live healthier, adopt a more sustainable lifestyle, and appreciate what I do have.

I am deeply thankful for the ongoing support from my family and true friends, and I will try to live better, but I must admit it's very difficult and has helped me understand why some people consider suicide—I have thought about it more than once. Being alone doesn't help—I thank my ex-boyfriend for that.

It's a case of c'est la vie—I hope you're well and happy.

#### **Publisher & Editor**

Brett Hayhoe  
+61 (0) 422 632 690  
brett.hayhoe@qmagazine.com.au

#### **Q Magazine writers**

Brett Hayhoe (Editor), Gabriel Tabasco (Life Editor)

#### **Editorial contributors**

John Stein (q feature)

#### **Cover picture, artwork & design**

Fashion Photographer Marco Ovando  
Unveils Dolls Volume 3

#### **Artwork / Photographic**

##### **Contributions:**

Marco Ovando (q cover, q feature),  
Bonnie Sue Photography (q family)

#### **QMAGAZINE**

Unit 1/13 Rae St,  
Chadstone VICTORIA 3148,  
Australia  
[www.qmagazine.com.au](http://www.qmagazine.com.au)

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**Brett Hayhoe t/a Q Magazine**  
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