

My name is Nadine Paciotti. I will soon be 43 and I'm married.

I live in Switzerland, in the department of Wallis, to be precise. This region is well-known, thanks to the Matterhorn mountain, and to its mountains, dams, and lakes, ...

I'm not doing a Seightseeing Tour, but here are some pictures of where I come from.

Saas-Fee



Glacier of Aletsch





Dam of Emsosson



The bisses



**The valley of Rhone
and
the lak of Lemman**

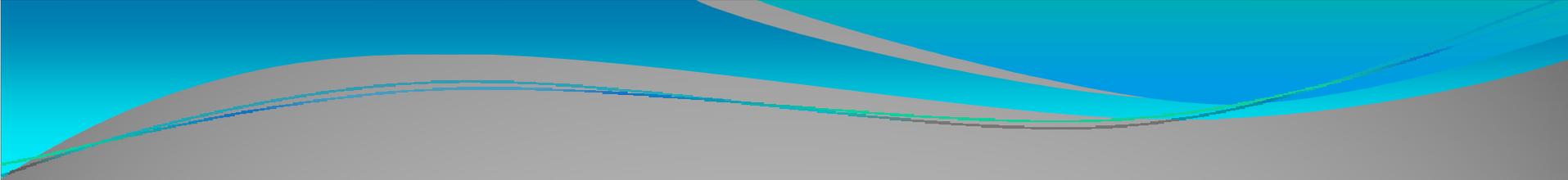


**View from
my kitchen**





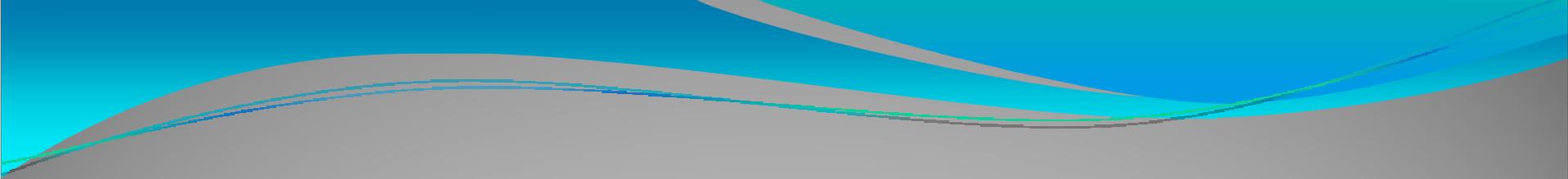




When I was younger I liked very much to play sports, and my passion was to go skiing, cross-country skiing, and snowshoeing in winter, and hiking, biking, and swimming in summer. My pleasure was to be outside.

I had a beautiful life...

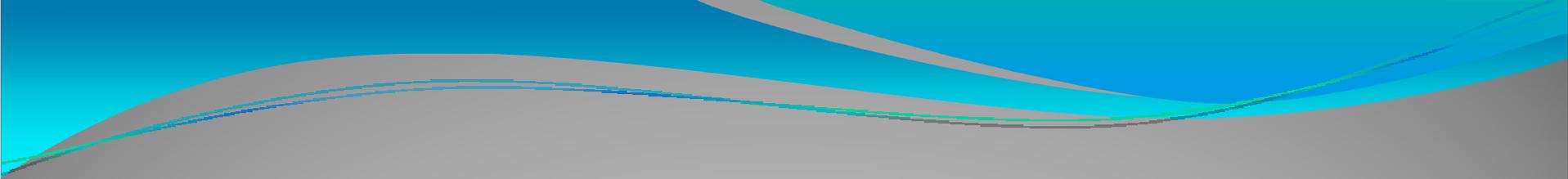
In 1994, during my second pregnancy, I was not feeling very well, but, according to my doctor it was „normal“, and just „because I was pregnant“, he said.



I thought it would improve after the birth of my baby. But I was still very tired and my fingers often became black.

I went to another doctor, who did a blood test. He told me by phone at Christmas: “it’s positive, you have scleroderma.”

In medical books I was able to find out that if the lungs or kidneys are affected, there are 20 per cent who die within 10 years. It was a shock as great as if everything was falling down around me. The only thought that came to my mind was: “my children”.

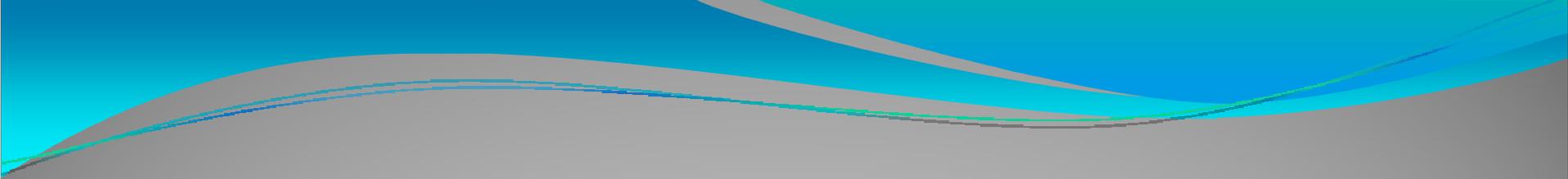


The doctors told me about chemotherapy for my kidneys ; they talked to me about my problems with my fingers. I was always going to specialists. I was in a very „black“ place, and that didn't match with my character.

At that moment, I asked myself: „What do I do? Will I sit down crying all day long? No!“

I looked at my disease, and at the rest of my life. Scleroderma is in me, it belongs to me now.

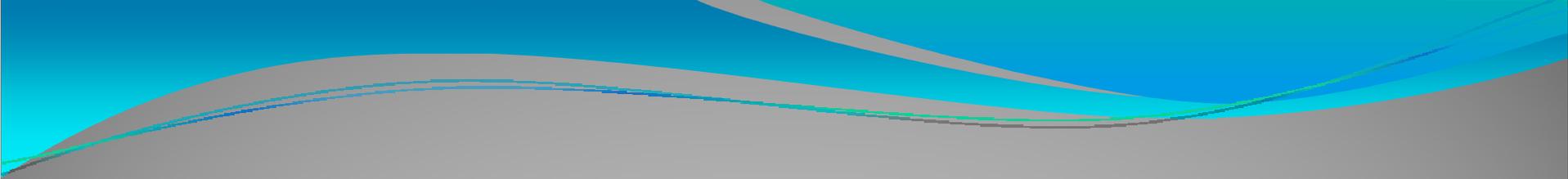
I will not go **against it** but **with it**. Hand in hand.



For several years I made other therapeutic approaches such as acupuncture, herbal medicine and so on. I wanted to understand what had happened to me, to learn to manage my emotions...

Finally, it turns out that I do not have a too-aggressive form of scleroderma. This is good luck.

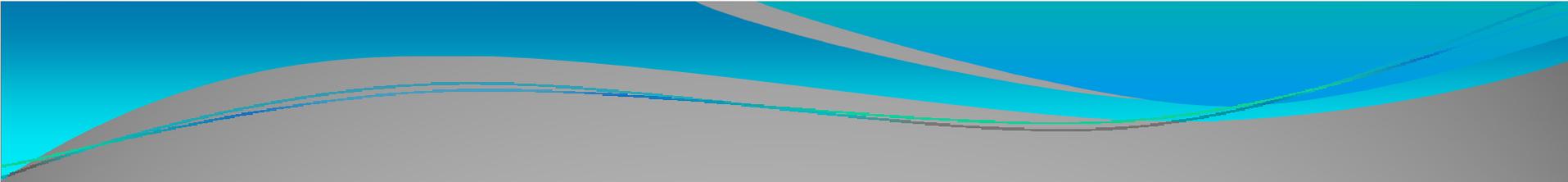
However my life has changed these last 10 years. Everything I loved to do in terms of outside sports is no longer possible. I feel guilty not being able to go out with my kids.



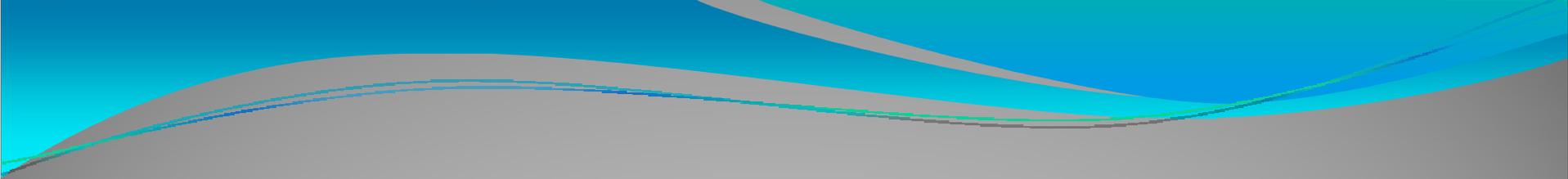
What can I do? Be unhappy? No!

So I cannot live as before? Never mind!

The most important thing is to find happiness, a balanced life, and –**this I want especially** –to enjoy every good moment that comes along.



From November to April, I spend my days at home. I have difficulties eating, because the digestive tract is affected, and everything is slowed down. And that complicates my life, because I have to eat gluten-free and lactose-free. I get tired more quickly, because I have some pulmonary fibrosis. My life as a woman is also affected, as I often have urinary infections and inflammations of the bladder.



I feel that I am paying dearly for every pleasure there is in life.

I continue to mix medical treatment and herbal medicine, and I also do yoga, shiatsu, and massage.

I mourn for every little pleasure of my past life. But I want to live the best life I can!

What I have learned is that we must live each good moment when it appears.

**THE
FUTURE ?**



DREAM

**The future? Yes, it is a good feeling to have
objectives and dreams.**

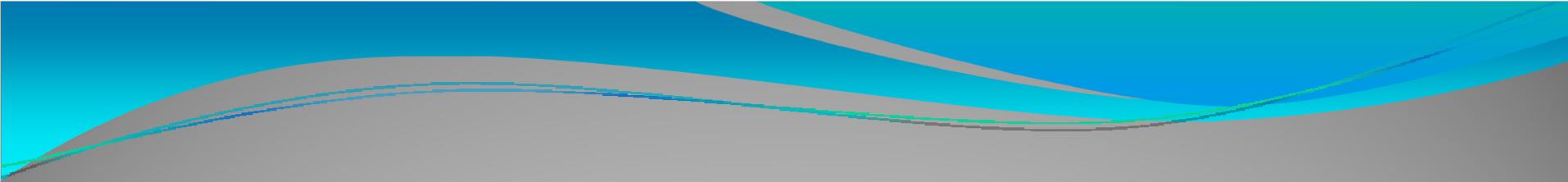
THE PRESENT IT'S NOW

The **present** ? It's great to live in the present. And look !

We are all here in Madrid. We travelled by plane or by train, we braved the cold, we are tired. But it's worthwhile making these efforts. Emotions are strong and we can share all these good moments.

It's like gold to be able not to regret the **past**.

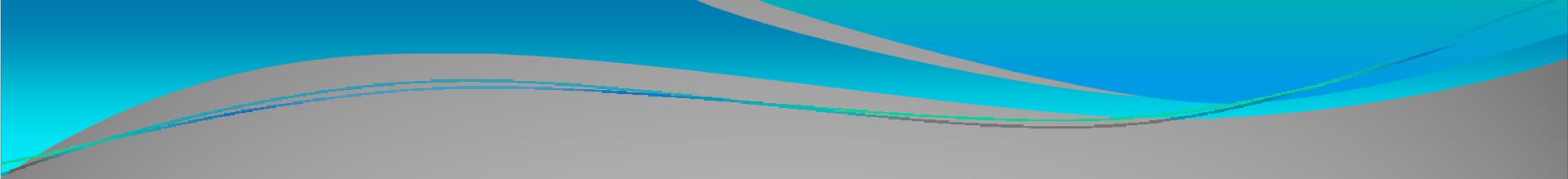




These good moments we are living now allow me to better accept the disease and the bad times when the pain is strong or when fatigue lowers my courage.

And do you know what I think ?

I have a beautiful life...



I would like to conclude with these sentence from Dalai Lama

**HAPPINESS IS NOT
SOMETHING READY MADE**

**IT COMES FROM YOUR OWN
ACTIONS**