Getting older with Turner: change of life?

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Growing up......

. Do not run away from your fears
. Take a helping hand if you need it, and often we do!
. Accept yourself, it is ok to be different
Everyone has....
Everyone has....

• At a certain age, it seems like all your friends, colleagues and brothers/sisters have everything: a nice husband, a wonderful career, a splendid house and a warm family. This is a moment you ask yourself:

• Why can’t I have this?

• It makes you feel like a failure, it seems impossible, why does she has all this and I don’t, everybody has everything and I have nothing,
Dealing with men at an older age

- We are not the only ones!
- When you feel good about yourself, men will too
- Men in general do not bite
- Find your own way of communicating
- Men need to get to know you
- Do you know men?
- You have so much to give!
Dealing with ‘the others’….

- Stop comparing yourself with others!
- Respect YOUR own accomplishments
- You get nothing for free
- Life does not come to you, you have to get it
- To give is to get
- Who does not try does not win
Medical Care

– Difficult to organize, especially in the beginning
– Accept ‘chronic disease’
– Prevention (weight, exercise …)
– Feel good is not always the same as healthy
– Knowledge : be your own expert
– Participation!
– Find a person you can relate to, even if it is not a ‘top’ expert on Turner syndrome
JOB frustration?!

- Be honest with yourself, know yourself
- A job is not your whole life: hobbies!
- If you're not in the right job, get advice!
- If you're not in a good environment, look elsewhere!
- Study is one thing, a job is another one!
- Respect your abilities and limitations
- Go for the best, nothing is perfect
End the good things!

• Often forgotten!
• Without Turner, no fantastic Turnerfriends
• Fighters, stubborn (but often necessary)
• We like to care for others, but do we care enough for ourselves?
• Chatterboxes!
• The meaning of life: friendship, love!
Life (without Turner)!

Women with turner are good in music, acting,…

Turner women are chatterboxes: have a get-together with friends …
For every Turner, there is a future ahead !...
Thank you for being a nice audience!