



Diepenveen- the Netherlands, May 16, 2020.

I was asked how I experience the corona crisis as a PLN carrier. Below I will share my story. First, let me introduce myself.

My name is Casper Berris, I am 47 years old and live in Diepenveen, the Netherlands. I am a father of two beautiful teenagers, a daughter of 16 and a son of 14, who live with their mother. I live by myself, I have a girlfriend, but she lives in Mexico. The plan is that she will come to see me as soon as this is possible again.

In addition to being a PLN carrier, I've had a heart transplant in December 2014. Because of this heart transplant, I take medicines that suppresses my immune system against rejection.

Like many Dutch people, I have been working at home since March 16, already 2 months ago. A big adaptation to my everyday lifestyle. In the course of the second and third week, I so to say hit the walls and I've had it completely. I felt depressed, my motivation to do something had dropped to 0.0 and I was no longer able to concentrate well. I think recognizable to many. I didn't get anywhere anymore, of course no longer at the office, but also no longer in shops. Social contacts zero, so to say. Then you notice how important that is. Since March 16 I have not hugged my children anymore which still hurts the most. I can see them, but we keep a distance from each other.

With my reduced resistance due to the drugs, I must adhere and adapt to the 1.5-meter rule, wash my hands extra and avoid crowds. Not because I am more susceptible to the virus than anyone else, but if I do get it, the chance of a cure for COVID-19 is very small. My body simply cannot defend itself.

As from week four my mindset was "good" again and I was fairly used to this new situation. With this new mindset I've found strength, motivation and rhythm to be able to live and work more efficiently again and, above all, to feel happier again. I started exercising again, like doing some exercises at home and cycling. I am training for the PLN monster ride in Norway. Unfortunately, this ride has been canceled this year as well, but next year I will definitely participate. The advantage is that I have more time for training.

Some tips from me:

- Keep moving, a daily walk or bike ride and / or a sport that is allowed again;
- Eat healthy, do not be tempted to eat more;
- Keep 1.5m away as long as there is no vaccine;
- Take good care of yourself and each other.

All the best, Casper Berris

(note of the PLN Foundation: please be aware that this is Casper's personal story and his own experience. This is not a scientific publication. For your own situation and question always contact your own physician)



Help mee om deze genetische hartspierziekte te overwinnen.  **Steun ons!**