



# Changing Landscapes-My New Normal:A True Story of Struggle and Adjustment after Surviving a Ruptured Aneurysm

*Sarah Krenk*

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Early in 2012, Sarah Celio Krenk's life changed forever. Prior to that point, she and her husband, Dan, had a good and happy life; she was the director of a life skills program serving people with emotional and developmental difficulties. On March 11, 2012, she suffered a ruptured aneurysm that almost claimed her life. She was rushed to the hospital. In their attempt to save her life, doctors rushed a surgical procedure called coiling. The effects were unpredictable-and disastrous. During surgery Sarah suffered from a cerebellar stroke, another life-threatening medical emergency. She survived, but the effects on her health and quality of life were devastating. In this personal narrative, Sarah tells her story and reflects on the challenges, frustrations, and joyful victories she experienced as she navigated the tidal waves of recovering from not one, but two life-threatening traumatic brain injuries. Let her story of strength and determination inspire you to your own greatness.

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