

Crab Cake

“I have to eat this cancer like a crab cake. There are some people that like crab cakes, but they don’t know that eating crab is an abomination and divinely prohibited. So it is something that you should not like if you’re forced to eat it.”

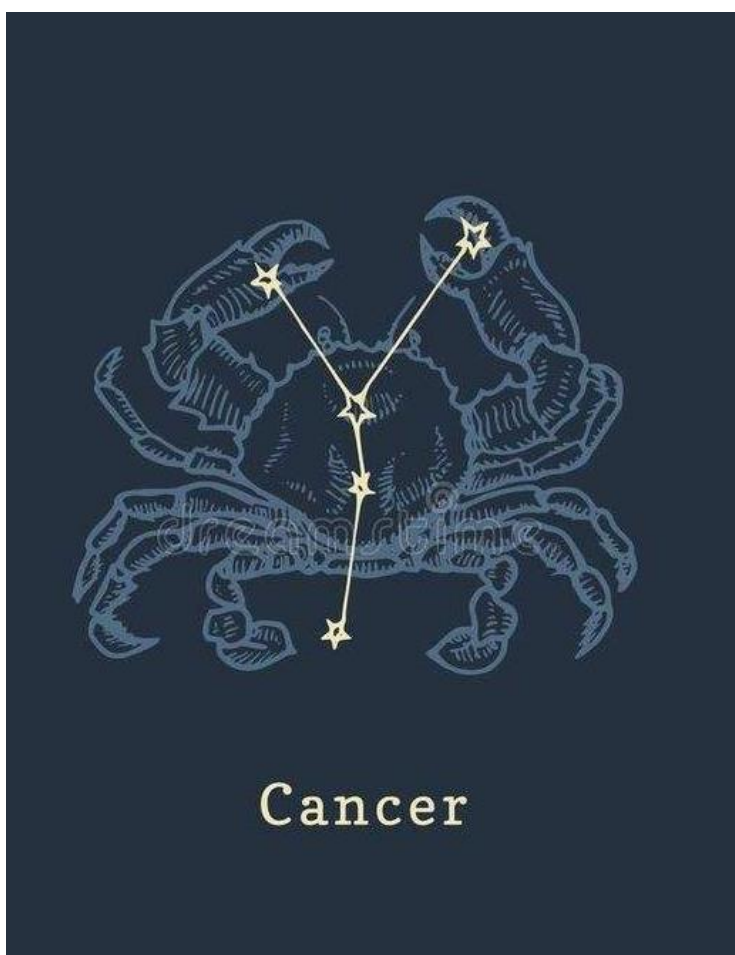
You may think that just because I have to eat this crab cake that I am being punished, but the reality is that like the prophet Ezekiel (peace be upon him), EZEKIEL 4:9 was made to eat cake made with dung“ that cometh out of cow in obedience to the Lord God Allah!

Message

The astrological symbol for the zodiacal sign of cancer is the crab. This is an arrangement of stars in heaven!

Theme

All of the Major Prophets after Ezekiel (PBUH) were called Warners. Therefore, I must walk in the footsteps of my father, Warner.



The Crab Nebula is a [supernova remnant](#). It's what's left of an exploded star. So it's a vast expanding cloud of gas and dust surrounding one of the densest objects in the universe, a [neutron star](#).

Crab Cake I

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You may think that just because I have to eat this crab cake that I am being punished, but the reality is that like the prophet Ezekiel (peace be upon him), EZEKIEL 4:9 was made to eat cake with dung "that cometh out of cow in obedience to the Lord God Allah!"

Message

The astrological symbol for the zodiacal sign of cancer is the crab. This is an arrangement of stars in heaven!

All of the major prophets after Ezekiel (PBUH) were called Warners. Therefore, I must walk in the footsteps of my father, Warner.

Chemotherapy After Affect Log:

March

Tuesday, March 21, 2023

6:00 AM began chemotherapy treatment, blood pressure

BP180/74-68, no noticeable reaction after the infusion

Wednesday, March 22, 2023

Burning sensation in the anus after bowel movement, Hiccups

Thursday, March 23, 2023

Burning sensation in anus continues with BM. Swelling of both lower legs with pain and a knot on right ankle. Walked on the treadmill, lay down with the legs, elevated swelling, and pain subsided.

Friday, March 24, 2023

No bowel movement all day, continued leg swelling and pain addition to persistent ache in stomach throughout the day. Took (2) Tylenol for relief. Feeling of tiredness and fatigue. No work tonight.

Saturday, March 25, 2023

1:00 AM swelling/pain in legs subsided. stomach continues to ache. Took (2) more Tylenol.

3:00 AM took medication with fruit smoothie (ginger, turmeric, banana, strawberries, Kiefer, rice protein, rice milk, and honey)

7:00 AM got some relief from abdominal pain by gently, massaging the solar plexus area. Took medication with a quarter of a chicken salad sandwich.



11:00 AM took medication with water. Got some relief from the stomach aches by compressing with a finger my abdomen to help move the gas and fluid along the intestinal track. This resulted in a little belching and farting which made me feel better.

2:00 PM I was able to sleep longer. Stomach ache still present but I'm able to move around with no difficulty so I made (2) 16 fl oz green smoothies (avocado, kale, spinach, broccoli, and 9.5 alkaline water) to drink throughout the day.

3:00 PM took (2) Tylenol for stomach ache. I went to sleep.

7:00 PM woke up, took medication with a quarter chicken salad sandwich, tangerine, and milk. Legs and feet no longer swollen pain in right ankle has diminished.

11:00 PM mild, persistent, stomach ache continues. No bowel movement. No work tonight. Going back to sleep.

Sunday, March 26, 2023

1:00 AM woke up. No more swelling in the legs. Slight mild pain in right ankle. Mild stomach ache continues. Drank (8) fl oz green smoothie with whole wheat pita crackers. Watch some TV.

3:00 AM took medication with water. went by to talk with my Mexican neighbor in Apt 408 who has been having an easter party all day yesterday till this morning. I had to let him know that it was becoming unbearable.

5:30 AM after a short nap, got a call from Derrick. Had a bowel movement. Stomach is feeling much better now. My anus is irritated so I applied Vaseline. I'll go to the pharmacy to get some Polysporin, Tylenol and Ibn Tum's for my medicine cabinet.

7:00 AM woke up from a nap. Take medication with honey nut Cheerios raspberries and milk.

11:00 AM had a bowel movement, then took medication with half chicken salad sandwich, tangerine, pretzel thins, and 4 fl oz green smoothie. Watch some TV.

2:00 PM at a bowel movement about to go for a walk to the pharmacyL

7:00 PM took medication with one peanut butter cracker and water. Went back to sleep.

Monday, March 27, 2023

12:00 AM woke up no leg, ankle or stomach pain. Applied Polysporin antibiotic to anus prevent infection from bowel movement irritation. No work tonight. went back to sleep.

3:00 AM woke up, took medication, 2 Tylenol and went back to sleep.

7:00 AM woke up, took medication with one peanut butter, cracker, and lemonade,, had bowel movement with slight diarrhea. Went back to sleep.

11:00 AM woke up, took medication with water, peanut butter cracker, and orange wedge. Did some work on the computer, went shopping.

1:00 PM had lunch 2 fried chicken wings, 4 baked potato wedges, celery sticks. Watch TV.

3:00 PM take a nap

7:00 PM woke up took medication with water, peanuts and gum drops. Went back to sleep.

10:00 PM woke up, slight sore throat, took 2 Tylenol, 2 Tums and ready to go to work tonight.

Tuesday, March 28, 2023

2:00 AM finished work, contacted Dr on call to get advice remedy for sore throat, Hall's eucalyptus, watch TV.

3:00 AM took medication, with food (vegetable biryani, curry, chicken breast, sweet potato, Nan bread) went to bed.

7:00 AM woke up, had slight loose bowel movement, took medication with water. Sore throat continues. Gargled (water-diluted hydrogen peroxide, 2 drops each peppermint thyme essential oils)

10:00 AM went to NCH for cancer bloodwork white blood cell count very low. very high blood pressure **BP216/97** Completed verification for Cancer Patient Assistance Fund.

1:30 PM took medication with 3 chicken wings, 5 potato wedges and celery. Worked on application for Medicare supplemental health insurance.

3:00 PM take a nap.

7:00 PM wake up take medication with water, Samosa. Sore throat continues goggled with Biotene, take Hall's lozenges for some relief.

10:30 PM no work tonight. Ate vegetable biryani, cucumber, yogurt, Watch TV. go to sleep.

Wednesday March 29, 2023

3:00 AM take medication go back to sleep. Scab like patches on scalp back of head. Sore throat continues.

4:00 AM check vitals **BP 163/73-68**

7:00 AM take medication. Ate vegetable biryani, cucumber yogurt, Thepla, gulag jamun, Watch TV,

11:00 AM took medication. Went to sleep.

5:00 PM woke up. Ate chickenwings, potato wedges, celery sticks with coffee. Watch TV. Notice pain returned to the right side of my right ankle.

7:00 PM take medication. Go to sleep.

Couldn't sleep. Stayed up reading

11:00 PM no work tonight.

Thursday March 30, 2023

3:00 AM took medication with water, had 4 oz green smoothie, Went back to sleep.

6:00 AM Woke up. Take blood pressure. **BP177/72-57**, bowel movement, blood glucose 102 mg/fl, ate honey-nut Cheerios w/tangerine, organic milk, Ezekiel raisin bread w/ butter & honey.

11:00 AM take medication, talk to cousin James 2hrs. Had bowel movement.

1:30 PM ate vegetable biryani, gulag jamun, thepla, watch TV, go to sleep.

3:00 PM wake up. Worked on completing living trust.

7:00 PM take medication w/water, peanut butter crackers, baked potato wedges, tangerine. Go to sleep.

Friday, March 31, 2023

12:00 AM wake up. 10oz coffee w/2 almond cookies, work on living trust,

3:00 AM take medication, go to sleep.

6:20 AM wake up, bowel movement, go to sleep.

7:00 AM wake up. take medication w/water, tangerine, and green smoothie. Work on El-Talib.

10:30 AM at the NCH cancer treatment center **BP 211/84-53** need to contact primary care physician

1:00 PM took medication, ate vegetable biryani, Nan bread chicken curry, cucumber, onion, tomato salad, PCP Dr Moran MD Increased HydrAlazine 25mg dose to 75mg 4 times daily, go to sleep

4:30 PM woke up. Work on living trust, Loose bowel movement. Watch TV. FaceTime Donald.

7:00 PM take medication w/water, almond cookies, coffee

8:30 PM tornado warning, go to sleep.

April

Saturday, April 1, 2023

12:00 AM wake up, eat (samosa, cucumber, tomato, onions, gulag jamun), Watch TV, go to sleep.

3:00 AM woke up took medication, right ankle pain return elevate leg for relief, persistent sore throat, gargle (hydrogen peroxide w/water, peppermint thyme essential oil, biotene), Go to sleep.

6:00 AM woke up, loose bowel movement, work living trust, watch TV.

7:00 AM take medication w/peppermint tea, tangerine, date cookies.

9:45 AM urine 6AM-9AM passed 32 fl oz, blood pressure **BP183/73-64**

11:00 AM take medication, made Derrick beneficiary on Chase, checking/savings, 5/3 checking, Village Bank, checking account.

12:00 PM phone conversation with Derrick about making him executive Director of El-Amin Life Productions.

2:00 PM went shopping, ate vegetable biryani, gulag jamun, chicken curry, Thepla,

5:00 PM talked on phone to cousin James, minor, sore throat, very little pain in ankle, went to sleep.

7:00 PM woke up, took medication, went back to sleep

9:00 PM woke up, throat sore, brush teeth, gargled hydrogen, peroxide w/water, thyme peppermint essential oil, biotene. Went back to sleep.

Sunday, April 2, 2023

1:00 AM woke up, urinate, take blood pressure **BP162/71-56**, eat snack cheesecrackers, tangerine, and fruit smoothie (rice, protein, Kiefer, ricemilk, honey, banana blackberries) Watch TV.

3:00 AM take medication, go to sleep.

5:00 AM wake up urinate 8fl.oz. go back to sleep.

7:00 AM Wake up, take medication, bowel movement. Ate snack coffee, (2) almond cookies. Worked on **Cash Dash**.

11:00 AM take medication, grocery shopping, visit Don Fanisha Dawoud, body weight 200 lb.

4:00 PM having dinner at Uncle Julio's restaurant with Don Fanisha Dawoud, Traci. Ate grilled vegetables.(zucchini, yellow squash, Portabella mushroom onions, red bell pepper.) guacamole, lettuce, sour cream, tortillas, black beans, rice, mango, lemonade.)

7:00 PM take medication, go to sleep.

Monday, April 3, 2023

1:00 AM wake up, monitor blood pressure **BP 176/71-61**, check blood count 108mg/dL, snack (almond cookies, peppermint tea, tangerine, chocolate milk), watch TV, go to sleep.

3:00 AM wake up, take medication, work on Cash Dash

5:45 AM bowel movement, notice, swelling of the right ankle, ate quesadilla w/coffee,

6:45 AM take medication, go to sleep with right leg elevated.

9:00 AM wake up, right leg swelling relieved, work on Cash Dash,

11:00 AM take medication, went out to work on Cash Dash,

1:00 PM bowel movement w/diarrhea,

4:00 PM throat is no longer sore, lay down to rest, elevate feet, and watch TV, passed 24 ozs of urine after elevating my legs, noticed hair falling out, trim beard.

7:00 PM took medication, blood pressure **BP169/73-65**, ate (samosa, sweet potato, cucumber, thepla), go to sleep.

Tuesday, April 4, 2023

12:00 AM wake up, pain right ankle, no sore throat, brush teeth, gargle (hydrogen peroxide w/water, essential oil: peppermint/thyme, biotene), go to sleep.

3:00 AM wake up, urinate 8oz, take medication, keep right ankle elevated, go back to sleep. 4:40 am urinate 16oz, back to sleep.

5:30 AM wake up, organize medication, ate (1/4 chicken salad sandwich, celery sticks, 2 date cookies w/coffee) go to sleep.

7:00 AM wake up, take medication, phone talk with Derrick

9:00 AM NCH nurse Heather medical exam, body weight 199lbs, blood pressure **BP164/84-67** eat snacks (peanuts, gum drops, mini peanut butter crackers).

11:00 AM take medication, grocery shopping.

12:30 PM ate (curry chicken, vegetable biryani, Gulag Jamun, Naan, lemonade,) watch TV.

1:30 PM go to sleep no sore throat, mild pain right ankle, lie down, elevate leg

3:00 PM woke up, phone talk Bernard, cooked/ate (ribeye steak, sweet potato, asparagus, mushrooms, garlic, rosemary, butter, lemonade) watch TV, go to sleep.

7:00 PM Wake up, take medication, right ankle pain/swelling, lay down, elevate legs, go to sleep.

Wednesday, April 5, 2023

2:00 AM Wake up, urinate 8oz, ankle swelling reduced, snack (2 almond cookies, coffee), work on Cash Dash,

3:00 AM take medication, organize medication, urinate 8oz, go to sleep.

5:00 AM woke up, urinate 8oz, no swelling, persistent pain in right ankle, take blood pressure **BP163/67-63**

blood sugar count 107mg/dL, worked on S.P.A.C.E.,

7:00 AM took medication, eat (ribeye, steak, asparagus, sweet potato, mushroom, garlic), go to sleep.

11:00 AM take medication, walk to go grocery shopping, walked to leasing office manage rent payment.

4:00 PM receive phone call message from Dr. Malhotra, that all of my blood nutritional chemistry was good except potassium was a little low. had a snack (banana 422mg, apricots 427mg, prunes 1,274mg) to help raise my potassium level. My right ankle is started to swell, lay down elevate my legs, receive a phone call from Jiyad Alamin we discussed his role as my successor in El-Amin,

5:30 PM large loose bowel movement, worked on El-Amin

7:30 PM took medication, eat (chicken, curry, vegetable biryani, sweet potato, Naan), watch TV, went to sleep

Thursday, April 6, 2023

12:00 AM work on El-Amin (activate: Derrick-mytechies@el-amin97.org; yadi@el-amin97.org), snack (almond cookies, coffee, peanut butter crackers),

3:00 AM taking medication, organize medicine, had a snack(hummus, pita chips, peppermint tea) worked on obituary, lay down, elevate legs, went to sleep.

7:00 AM wake up, take medication, no sore throat, ankle pain now in the back of the ankle near the Achilles tendon, no swelling of the right ankle, take blood pressure **BP178/76-70**, take blood sugar count 109mg/dL, walk on treadmill 5 min., worked on obituary.

9:00 AM ate meal(curry chicken, vegetable biryani, sweet potato, gulag jamun, thepla, naan, peppermint tea)

11:00 AM take medication, eat (banana, dried apricot, dried prunes) go to sleep.

1:30 PM wake up, worked on cash dash (Rasheed \$500 salary to Muntheru),

3:45 PM snack (hummus, pita chips), exercise (treadmill 5min, curl bar, bar bells 1/10 rep ea), listen to the cream LP, watch TV.

7:00 PM take medication, eat Ezekiel bread, salad(romaine lettuce, roma tomatoes, cucumber, avocado, red onion, feta cheese, homemade Asian dressing) watch TV, go to sleep.

11:30 PM wake up, no sore throat, no ankle swelling, minor ankle pain, work on Majestic.

Friday, April 7, 2023

12:00 AM start Uber,

2:55 AM finished Uber,

3:00 AM take medication, eat (chicken, curry, vegetable, biryani, sweet potato gulag jamun, naan, yogurt, peppermint, tea), organize medicine, watch TV, go to sleep.

7:00 AM wake up, take medication, bowel movement, phone talk to Derrick, eat (english muffin, butter, boiled egg, beef sausage patty, banana, chocolate milk), watch TV,

11:00 AM take medication, bowel movement, work on welcome agenda, go to visit Dawoud,

3:00 PM back home, watch TV, ate (Romaine lettuce, Roma tomatoes, cucumber, red onion, avocado, feta cheese, asian dressing, Ezekiel bread, peppermint tea), go to sleep.

5:00 PM Woke up, work on obituary, have a snack (almond cookies, coffee) watch TV.

7:00 PM take medication,

8:30 PM worked on crowns, had a snack (tangerine, dried apricot, dried,prunes, peanut butter cheese crackers), go to sleep.

11:30 PM wake up, put on compression socks, start Uber.

Saturday, April 8, 2023

2:00 AM finish Uber, eat (vegetable biryani, chicken curry, sweet potato, gulag jamun, naan, thepla, peppermint tea), watch TV.

3:00 AM take medication, organize medicine, go to sleep.

5:00 AM wake up, bowel movement, go back to sleep.

7:00 AM wake up, take medication, take blood pressure **BP176/80-67**, take blood sugar count 114mg/dL, eat (samosa)

11:00 AM take medication, drank protein mix (Organic: rice protein, banana, Kiefer, chocolate milk) Fanisha came by (I gave her birthday present) go to sleep.

1:00 PM wake up, bowel movement, I went to Tavern on LaGrange, ate (jerk, chicken wings, sweet potato fries, coleslaw)

7:00 PM take medication, receive NCH check, had snack (almond cookies, coffee), watch TV, go to sleep.

Sunday, April 9, 2023

12:00 AM wake up, start Uber,

3:00 AM finish Uber, take medication, organize medicine, go to sleep.

7:00 AM wake up take medication eat (English muffin, cream cheese, tangerine, avocado), watch TV, work on obituary

11:00 AM bowel movement, take blood pressure **BP140/65-56** take blood sugar count 116mg/dL eat (beef, sausage, patty, English muffin, boiled egg, prunes, apricots) work on biography,

3:00 PM watched Judas & the Black Messiah DVD, ate snack (pomegranate dark chocolate, popcorn)

7:00 PM take medication, make up an Evite for luncheon party, go to sleep.

11:00 PM wake up, work on biography.

Monday, April 10, 2023

12:00 AM start Uber,

2:00 AM finish Uber eat (vegetable, biryani, chicken, curry, sweet potato, galag jamun, naan, thepla, cucumber yogurt) finished watching Judas and the black Messiah DVD,

3:00 AM Take medication, organize medicine, go to sleep.

7:00 AM wake up, take medication, go back to sleep.

10:00 AM Wake up, take blood pressure **BP156/66-63** take blood sugar count 131mg/dL, drink fruit smoothie (banana, raspberries, turmeric root, ginger root, Kiefer, rice, milk, honey), work on biography, Watch TV.

11:00 AM take medication, bowel movement,

12:30 PM snack (hummus, pita chips), finish watching Judas and the Black Messiah DVD, exercise (5 min treadmill), eat (jerk chicken wings, sweet potato fries, coleslaw),

3:00 PM broke front tooth crown, bowel movement, worked on stereo system, went to sleep.

7:00 PM woke up, took medication, worked on family matters,

8:30 PM snack (coffee, cookies), watch TV, go to sleep

11:00 PM wake up, work on death wishes,

Tuesday, April 11, 2023

12:00 AM no work tonight, updated in my chart, eat (vegetable biryani, chicken curry, sweet potato, galag jamun, thepla, peppermint tea), watch TV, go to sleep.

3:00 AM wake up, take medication, organize medicine, worked on TRUST & WILL, go to sleep.

7:00 AM wake up, take medication, take blood pressure **BP164/76-66** take blood sugar count 126mg/or dL, drink, green smoothie (avocado, kale, broccoli, spinach, 9.5alkaline water),

9:15 AM at the cancer treatment center, did not receive pre-chemotherapy medication (Emend (Aprepitant Oral Dose Pack 125 mg (1)-80 mg (2) Go to CVS pharmacy to get the new refill),

10:00 AM start chemotherapy treatment IV infusion

11:00 AM take medication, set up an appointment Wednesday, April 12, 2023

@12:00 PM with Dr. Chiambas to have front crown replaced, drink (coffee, water)

12:30 PM completed chemo treatment, at CVS pharmacy pick up prescription (Aprepitant 125mg-80mg), fraud attempt made on Amazon3965 credit card. New card will be issued.

2:00 PM Annual grocery shopping at Costco (coffee, chicken breasts, chicken, sausage, Gyro, meat, sliced turkey breast, avocados, big bars)

3:30 PM take medication (Aprepitant, Dexamethasone) check Neulasta "pegfilgrastim" on body injector slow flash green LED,

4:30 PM eat (vegetable biryani, jerk, chicken wings, thepla, galag jamun), watch TV, notice slight swelling in my knees, work on obituary.

7:00 PM take medication (Aprepitant, Dexamethasone, Neulasta) Drank green smoothie (avocado, kale, spinach, broccoli, 9.5 alkaline water) worked on the book.

11:30 PM went to sleep.

Wednesday, April 12, 2023

3:00 AM wake up, take medication, organize medicine,

4:30 AM eat snack (hummus, pita bread, tomato, lettuce, red onion, cheese, pomegranate juice), wash dishes,

6:00 AM go to sleep,

7:00 AM wake up, take medication, bowel movement, take blood pressure **BP156/60-72** take (non-fasting) blood sugar count 201mg/dL,

8:00 AM go back to sleep

9:30 AM wake up, Go grocery shopping,

11:00 AM take medication, and bowel movement, worked on book of Talib, go to dentist appointment Dr. Alexander Chiambas DDS said that my crown did not break but the chemo has affected root and it broke off he replaced the crown with a temporary and will finish after I've completed my chemotherapy treatments, did some more grocery shopping, bought digital scale, check weight 197.3LBs, eat (Gyro meat, Roma tomato, cucumber, white onion, tzatziki sauce, Gyro flatbread, french fries),

1:00 PM go to sleep

5:00 PM wake up, worked on Cash Dash, check the Neulasta injector no lights spoke to Dr Urzula MD On-Call. OK to remove device, went to sleep.

7:00 PM woke up, take medication, experiencing mild hiccups, slight sore throat, drink more water, work on Talib book,

10:00 PM eat (gyro meat, Roma, tomato, cucumber, white onion, tzatziki sauce, flatbread, french fries), I noticed that my feet, legs and knees have started to swell. I'm gonna lay down and elevate legs see if that helps.

11:30 PM check weight 202.0Lbs, go to sleep.

Thursday, April 13, 2023

2:45 AM after laying down resting with my legs elevated, the swelling has gone down there's no pain in my ankle, I got up brush my teeth floss with the water pic and gargle Biotene my sore throat has dissipated somewhat. I'm feeling better.

Continued on **Crab Cake II**

Crab Cake II

Continued from April 13, 2023 to April 30, 2023

Chemotherapy After Affect Log:

A daily journal to document the Bayer foundation clinical trial for Nubeqa.

Illinois Cancer Specialist

Northwest Community Hospital

Oncologist

Dr. Rajat Malhotra MD

880 W Central Road Ste 8200

Arlington Heights, IL 60005

(847) 259-4482

Schedule:

3:00 AM bedtime

HydrAlazine take daily,

(Aprepitant only three days one 125 mg taken one hour before start of chemotherapy treatment and one 80 mg capsule each morning for the two days following chemotherapy treatment)

7:00 AM morning

HydrAlazine, NUBEQA taken daily,

(*Dexamethasone for only three days before during and after chemotherapy treatment*)

11:00 AM afternoon

HydrAlazine, Atenolol, Metformin, pAmlodipine benazepril, Aspirin (vita, Lea, D, omega-3, probiotic) take all daily.

7:00 PM evening

HydrAlazine, NUBEQA, Metformin, taken daily,
(*Dexamethasone for only three days*)

Thursday, April 13, 2023

2:45 AM after laying down resting with my legs elevated, the swelling has gone down there's no pain in my ankle, I got up brush my teeth floss with the water pic and gargle Biotene my sore throat has dissipated somewhat. I'm feeling better.

3:00 AM take medication hydrAlazine, w/Aprepitant 80mg (final dose) organize medicine, go to sleep.

7:00 AM woke up, took medication, HydrAlazine w/dexamethasone next to last dose after second cycle of chemo therapy on April 11, 2023. Take blood pressure. **BP156/59-72**, take blood sugar count 168mg/dL, check body weight 203.4Lbs, no swelling of legs/feet, no ankle/throat pain,

8:30 AM eat (honey nut Cheerios, dried prunes, peppermint and tea, milk), talk with Shariyah Levi return my call from yesterday. Worked on book of EL-TALIB

11:00 AM take medication, bowel movement, swelling of my lower extremities thighs, knees, calf ankles, feet. I'm gonna lay down and elevate my legs see if that helps. If not, I'm a go for a walk pick up my medication at the pharmacy, before I leave call (847) 259-4482 #0 nurse navigator for refill (Nubeqa, Aprepitant, dexamethasone), proactive in advance of my 3rd cycle of chemotherapy.

12:00 PM take shower, lie down with legs elevated, enjoy some snacks (peanuts gum drops peanut butter, crackers), i'll go for my walk when I get up hopefully all the swelling will have gone down

4:00 PM I'm up and about to take my walk,

7:00 PM take medication, drink, green smoothie (avocado, kale, broccoli, spinach, 9.5 alkaline water, samosa), do not overdo my walk had a few things to pick up so I drove to Sam's Club and back and walked over to the pharmacy checked all my refill is aft come back tomorrow. My legs and feet are still slightly swollen. I'm gonna lay back down and elevate my legs that usually does the trick for a while. I bought a infrared body thermometer while I was at CVS pharmacy model HTD8813C decide to do the job.

8:30 PM phone conversation with Derrick, I had a snack (red bell pepper, hummus, pita bread, pomegranate, juice, coffee, and date sugar cookies)

10:45 PM go to sleep,

Friday, April 14, 2023

2:15 AM wake up, my room was hot and humid so I turn on the air conditioner before I went to sleep. The room was perfectly comfortable when I awoke, but I noticed a slight, sore throat coming on. I took Hall's eucalyptus. And immediately begin to feel better. The swelling of my lower extremities has subsided, but I'm going to keep my legs elevated until it's time to take my medication in about 45 minutes.

3:00 AM take medication, organize medicine, there's a slight ache in my knees from the swelling swelling has gone down. I feel like cooking tonight. I'm going to cook fried red snapper and serve it with a salad w/Romain lettuce, cucumber, roma tomato, feta cheese salad with my Asian balsamic vinaigrette dressing) eat (red snapper, tartar sauce, salad w/vinaigrette, potato chips. Perrier water, w/4 drops lime essential oil.)

5:30 AM. Swelling in my legs and ankle has gone down and I'm gonna check my vitals before I eat. Body weight 205.8, blood pressure **BP152/59-64**

Blood sugar count 150mg/dL. Drank green smoothie(avocado, kale, broccoli, spinach, 9.5 alkaline water.)

5:45 AM time to eat: one fillet red snapper, salad w/vinaigrette dressing, feta cheese, red onion, Roma tomato, cucumber, Romaine lettuce,

6:30 AM work on biography,

7:00 AM take medication w/water

7:15 AM phone conversation with Derrick

8:30 AM phone conversation with Harold

9:30 AM go to sleep.

10:00 AM wake up, receive UPS delivery of Neubeqa, work on the book of El-Talib,

11:00 AM take medication, bowel movement, Made wudu, noticed that feet started swelling. I elevated my legs to try to get some relief from the swelling and the tingling in my toes might be that diabetes. I don't know I don't want to lose no toe.

1:00 PM. I called the nurse navigator to let them know that I was getting some after effects. I don't know if it's a result of the chemotherapy drugs or just a part of my diabetes or something

like that but I've never experienced that and my blood sugars been under control for quite some time, so I suspect it's the chemo therapy treatment that is having an effect on my blood.

2:00 PM walk to CVS pharmacy picked up medication (aprepitant, dexamethasone), being proactive for my next cycle of chemotherapy treatment. I wanted to have all my medication's on hand. Today is a difficult day because my legs and feet are swollen and I thought the walk with me good it was a difficult walk, but I made it.

2:48 PM. I'm gonna go ahead and lay down now and elevate my legs. I should be back in motion in about three or four hours. We'll see. Go to sleep.

5:30 PM. I woke up with a call from my nephew, Derrick Demetrius asking me to help out of my nephew Derrick Warner, who just bought a guitar off the Internet and now it's not working. We had a nice long talk I was so happy to hear from him I help him out with a guitar app that really works.

6:00 PM the swelling in my legs and feet has gone down. I am feeling a lot better. I'm still gonna lay here with my feet elevated.

7:00 PM take medication, eat (deep fried red snapper, potato chips, coleslaw, Perrier water, tartar sauce), watch TV, go to sleep

9:30 PM make WuDu (purification before prayer) we are in the last few days of Ramadan.

i'm going to see if I'm strong enough to make at least some of the prayers

In-Shallah.

10:00 PM I was able to make the Isha prayer in a reclined position; however, I was able to Al Hamdullah complete the prayer.

10:30 PM go to sleep.

Saturday, April 15, 2023

2:00 AM wake up, work on Rasheed (i'm going to bottle up spiritual blessings from Allah: camphor/ginger This is an elixir that is served to members of the 144,000 chosen first fruit it's served alhamdulillah mixed with milk and honey) my reward for completing the El Talib book "The Student Book" FOR MY GODSON, El-Dawoud.

3:00 AM take medication, organize medicine, completed Rasheed.

3:30 AM go to sleep.

6:45 AM wake up, no swelling/pain in lower extremity, no sore throat, check vitals (take temperature 98.0 F, body weight 203.0Lbs, take blood pressure **BP165/63-68**, blood sugar count 105mg/dL)

7:00 AM take medication, eat (salad: Romaine lettuce Roma, tomato, cucumber, red onion, avocado, feta cheese, French onion dressing, Samosa coffee)

Don suggested that I wear my compression socks when my swelling goes down to help control the swelling. Thank God for Don, I'll do that.

8:00 AM noticing slight minor pains in my neck and head.8:00 AM noticing slight minor pains in my neck and head snot a headache, but I'll lay back down and see if it goes away might be tension.

8:30 AM received a call from Derrick this morning. Made me got a happy. lay down with feet elevated fell asleep.

11:00 AM woke up, take medication, eat (samosa, coffee, peanut butter cheese cracker)

12:00 PM bowel movement, I'm gonna lay down then elevate my feet. I haven't had any swelling but I can use the rest. I'm kind of tired. I don't know why because I don't do anything. Just lay here all day. Fell asleep.

3:15 PM wake up, snack (protein shake: vegan rice protein, banana, chocolate milk)

4:00 PM went to visit Don and Fanisha

5:30 PM got a call from cousin James McCloud

7:00 PM took medication

9:30 PM return home, i'm experiencing aches and pains. I got a pain in the small on my back that won't go away. i'm laying down in the bed now. Feel a little bit better. I'll get some sleep. Hopefully when I wake up I'll be all right.

Sunday, April 16, 2023

1:30 AM I've been excreting an unusual amount of urine in the past eight hours. The pain in my spine is still present not as bad as it was before I lay down. I'm snacking (dried apricot dried prunes) I chewed on one tums to relieve the uneasy feeling in my stomach. I hope I'm getting enough potassium.

3:00 AM wake up, take medication, organize medicine

4:00 AM eat (honey nut Cheerios, milk, tangerine)

4:15 AM go to sleep.

6:30 AM wake up, urinate seems like I'm urinating every two or three hours about eight fluid ounces, keep drinking water stay hydrated.

7:00 AM take medication, bowel movement, lower back pain, worked on Cash Dash.

8:30 AM lay down to rest my back. I think I'll take a couple of 500 mg Tylenol for this. I mean it's not extreme pain but it's just uncomfortable. It seems to wrap around my back all the way around to my stomach.

9:30 AM talk with Marisa Pippion on the phone.

10:15 AM. I received a call back from Dr. Ismail about my back pain. She said it would be all right to continue to take the Tylenol for relief.

Isma'il (Arabic: إسماعيل) is an angel who is responsible for being the gatekeeper of Babul Hafada (Door of Protection). He's the gatekeeper of the heaven of.

11:00 AM *missed medication*, eat (beef, sausage patty, boiled egg, English muffin, apple slices w/peanut butter, coffee)

12:10 PM talked on the phone with Tina Renee about setting her up with a starter kit as a Rasheed, Natural Fragrance sales representative in Atlanta, GA

12:30 PM called left a voicemail with Hardy Ogele to complete my 2022 tax returns. Did my online vehicle registration of the 2020 Toyota Camry hybrid for Majestic Moving Services LLC

1:15 PM. I got a call back from Hardy Ogele concerning my taxes and he should have them completed by Tuesday if I'll phone extension so that will not be a little late penalty but they should be filed before the deadline. I have set up a discussion with him concerning the 501(c)(3) for El-Amin Life Productions Cultural Institute Establish El-Amin Life Productions LTD

1:30 PM left voicemail for Michaela Mills to see if she can be activated to start writing grant proposals this year.

1:45 PM call Jiyad Alamin left voicemail to see if he could help in my search for a local acupuncturist to assist in my cancer treatment is a medical clinician operating in Charlotte, North Carolina, and a Director of El-Amin Life Productions.

2:00 PM snack (apple slices w/peanut butter,)

4:07 PM talk with James McCloud over the phone

5:15 PM receive call from Hardy Ogele taxes ready for filing. He will email me and I'll be able to finalize my taxes online.

5:30 PM bowel movement, take vitals: (body weight 197.2Lbs, body temperature 99.6F, blood pressure **BP 165/72-84**, blood sugar count 142mg/dL) no swelling of the lower extremities, no throat pain, back pain is greatly diminished.

6:00 PM go to sleep.

7:00 PM wake up take medication, w/snack (dried prune, peanut butter cheese cracker) work on Cash Dash tax

7:05 PM go back to sleep

10:15 PM wake up, take two Tylenol, go back to sleep,

Monday, April 17, 2023

3:00 AM wake up, take medication, organize medicine, no back pain, go back to sleep,

7:00 AM wake up, take medication, take vital signs (body temperature 98.7F, body weight 193.8 Lbs, blood pressure **BP167/74-89**, Blood sugar count 115mg/dL) drank 6oz green smoothie (avocado, kale, broccoli, spinach, 9.5 alkaline water.) go to sleep.

8:15 AM wake up my stomach feels uneasy I've been losing weight lately, a lot of urination every day seems like about 4-8oz every 2 to 4 hours. And that seems like a lot but my blood pressure remains kind of high today. I had a higher than normal pulse rate. I'm just noticing some changes.

11:00 AM received call from Michaela Mills, take medication,

12:00 PM go shopping, receive call back from a state attorney, James Nelson to set up an appointment to go over the trust and will document

1:30 PM eat (vegetable biryani, curry, chicken, cucumber yogurt, galag jamun, naan, milk, peppermint tea,) go to sleep

5:30 PM wake up, finish eating, work on biography,

7:00 PM take medication, receive text from Hardy Ogele. Text forms are ready for signing and payment. Go over tax forms, transfer funds from Wintrust village bank & trust to chase household Checking for the \$1,598.00 payment of 2022 federal income tax.

9:30 PM feeling a little tension in my neck/shoulders, take two Tylenol, go to sleep.

Tuesday, April 18, 2023

1:00 AM Wake up, eat (Gyro meat, flatbread, red onion, Roma tomato, tzatziki sauce)

3:00 AM take medication, organize medicine, go back to sleep.

4:30 AM wake up urinate drink(4 oz green smoothie) go back to sleep

5:30 AM Wake up, work on income tax,

6:45 AM bowel movement, take vital signs (body weight 193.8 Lbs, body temperature 98.7F pop, blood pressure **BP167/64-68**, blood sugar count 100mg/dL)

7:00 AM take medication, MetForman taken by mistake I will skip the 11 o'clock dose of metformin, stomach starts to growl so I am chewing on one tums. get ready to go to cancer treatment center. Get lab blood test.

8:00 AM not CBC test results. My white blood cell count has gone back up due to the Neulasta injections from the last chemo therapy session. Now it seems that my red blood cell count is getting low. I need to eat more high, iron rich foods, get more vitamin B12, B9, C, A

9:00 AM phone conversation with Bernadine about changing power of attorney on my Last Will, drank (4oz clove/lemonade), go to sleep

11:00 AM wake up, take medication,

12:00 PM eat (Gyro meat, flatbread pita, coleslaw, tzatziki sauce, clove/lemonade)

12:30 PM Send text messages to Bernard Thompson, James McCloud and Eugene Dillanado, worked on Medicare

1:00 PM bowel movement,

1:30 PM call Michaela Mills set up Friday appointment to meet about plans for El-Amin

1:45 PM paid Hardy Ogele \$750 accounting fee for 2022 taxes

3:00 PM Eugene Dillanado call me back and has an interest in seeing if we can work together on El-Amin

4:00 PM call Judy Stone place an order for Shaklee vita Lea plus iron, vitamin C B complex, \$96.30 she gave me a discount but not charging the postage. Go to sleep.

7:00 PM wake up take medication w/green smoothie, eat (Gyro meat, pita bread, red pepper hummus, clove/ lemonade), go to sleep

10:00 PM wake up, take one tums, my stomach has been feeling uneasy all day. loose bowel movement go back to sleep.

Wednesday, April 19, 2023

3:00 AM wake up take medication go back to sleep

4:30 AM wake up, organize medicine, I have increased my supplement dosage to meet the daily requirement

5:00 AM go back to sleep

7:00 AM wake up, take medication, bowel movement, take vital signs (body weight 191 Lbs, body temperature 98.3F, blood pressure **BP147/65-64**, blood sugar count 125mg/dL), eat (honey nut Cheerios, milk, tangerine, Ezekiel bread), watch TV, go to sleep

11:00 AM wake up, take medication, receive call from Derrick about El-Amin activation,

12:30 PM bowel movement, received call from Jiyad about El-Amin

2:30 PM eat (samosa, tangerine, peppermint tea) contact GoDaddy about \$479.96 refund

3:00 PM called Michael Howard,

5:00 PM go to sleep

7:00 PM wake up, take medication, receive phone call from Gerrell Howard

8:00 PM eat (vegetable biryani, curry, chicken, galag jamun, naan, peppermint tea), watch TV, go to sleep

Thursday, April 20, 2023

3:00 AM wake up, take medication, go back to sleep,

6:30 AM wake up, organize medicine,

7:00 AM take medication, take vital signs (body weight 191, body temperature 98.2F, blood pressure **BP154/58-60**, blood sugar count 138mg/dL)

9:00 AM received phone call from Derrick about El-Amin, drink green smooth (avocado, kale, spinach, broccoli, 9.5 alkaline water)

11:00 AM bowel movement, take medication, eat (vegetable biryani, chicken curry, galag jamun, naan, thepla, clove/lemonade) watch TV, go to sleep,

2:00 PM wake up, bowel movement (diarrhea), go back to sleep

7:00 PM wake up, take medication,

8:15 PM placed order organic tea K-cups Amazon (turmeric ginger, chai black tea, spearmint, lemon ginger)

9:00 PM start Uber

11:45 PM finish Uber \$63.72

Friday, April 21, 2023

12:00 AM work on computer security, watch TV,

2:00 AM go to sleep.

3:45 AM wake up, take medication, organize medicine,

3:50 AM go back to sleep

7:00 AM wake up, take medication, take vital signs (body weight 190.8Lbs, body temperature 98.2F, blood pressure **BP144/64-66**, blood sugar count 106mg/dL),

8:15 AM eat (egg, beef sausage, English muffin, tangerine, oatmeal, milk), watch TV
 11:00 AM take medication, work on biography, go to sleep.
 3:00 PM wake up bowel movement (diarrhea)
 4:00 PM El-Amin board meeting with Key coordinator: Michaela Mills a Giordano's's pizza in Rosemont, IL eat (cheese pizza, house salad, San Pellegrino, garlic, Parmesan fries) \$64.33
 7:00 PM take medication, worked on computer security, talk to Derrick on the phone, watch TV go to sleep

Saturday, April 22, 2023

12:00 AM wake up, eat (cheese pizza, chai tea,) watch TV, go to sleep
 Oh 3:00 AM wake up, take medication, organize medicine, go back to sleep
 5:00 AM wake up, work on biography
 7:00 AM take medication, take vital signs (body weight 192.8Lbs, body temperature 98.1F, blood pressure **BP170/73-68** , blood sugar count 108mg/dL) work on biography
 11:00 AM take medication, drink fruit smoothie (ginger, turmeric, banana, blackberry Kiefer, rice protein rice milk, honey)
 2:00 PM went to LCS purchased 1878 Morgan silver dollar
 4:00 PM talk to James McCloud over the phone, eat (hummus, pocket pita, clove/lemonade)
 7:00 PM take medication, go to sleep
 10:30 PM wake up, start Uber

Sunday, April 23, 2023

1:00 AM finish Uber \$56.06
 1:30 AM watch TV,
 3:00 AM take medication, organize medicine, work on biography, go to sleep
 7:00 AM wake up, take medication, go back to sleep
 9:30 AM wake up, take vital signs (body weight 191.6 Lbs, body temperature 98.1F, blood pressure **BP162/67-62**, blood sugar count 117mg/dL)
 11:00 AM take medication, buy flowers/gift for Bernadine, talk to Harold on the phone. Watch TV prepared to go to the luncheon.
 1:00 PM leave for Bernadine's luncheon eat (tandoori chicken, Chana masala, dal makhani, baigan bharta, naan, salad, ginger beer) hosting luncheon, Maharaj, Indian Grill \$850 flower gift \$38.50
 5:30 PM arrive home from Luncheon, I tried to equip Derrick Warner with a guitar amp
 7:00 PM take medication, put Toyota Camry in garage, watch TV go to sleep
 9:00 PM wake up, work on El-Amin, go to sleep

Monday, April 24, 2023

3:00 AM wake up, take medication, organize medicine, work on El-Amin, go to sleep
 7:00 AM wake up, take medication,
 11:00 AM take medication, take vital signs (body weight 193 Lbs, body temperature 97.9F, blood pressure **BP154/68-60**, blood sugar count 139mg/dL), work on family matters
 11:30 AM Bernadine and Bernard arrive for a visit, we went to lunch at "Jamison's Charhouse" \$127.22 ate (sirloin steak, broccoli, rice pilaf, lentil soup, bread, coffee, carrot cake, sweet potato fries, spinach artichoke dip w/tortilla chips)
 3:00 PM gift to Bernadine (Rasheed 1/2 fl.oz. Lavender essential oil \$45) went to bed.
 7:00 PM wake up, take my medication, watch TV
 11:00 PM go to sleep

Tuesday, April 25, 2023

3:00 AM wake up, take medication, organize medicine, go to sleep
 7:00 AM wake up, take medication, take vital signs (body weight 195.4 Lbs eat, body temperature 98.4Fp, blood pressure **BP160/71-61**, blood sugar count 114mg/dL), go to clinic (CBC lab test)
 9:00 AM back home,
 9:30 AM eat (sirloin steak, broccoli, rice pilaf, bread):
 11:00 AM taking medication, watch TV,
 12:00 PM talk on phone with cousin Nina, go to sleep.
 3:45 PM wake up, eat (sirloin, steak, broccoli, rice, bread, butter) watch TV go to sleep.
 7:00 PM wake up, take medication, watch TV, go to sleep.
 10:00 PM wake up, talk on phone to Demetrius, start Uber,

Wednesday, April 26, 2023

12:30 AM finished UBER \$31.81, worked on Medicare, watch TV.
 3:00 AM take medication, organize medicine,
 4:00 AM go to sleep.
 7:00 AM wake up, take medication, take vital signs (body weight 195.4 Lbs, body temperature 98.4F, blood pressure **BP162/68-61**, blood sugar count 129mg/dL) eat (sirloin steak, vegetable biryani, broccoli, bread, butter, peppermint tea) watch TV.
 9:00 AM say goodbye to Bernadine,
 Grocery shopping at Montrose
 11:00 AM take medication, go to sleep
 3:00 PM wake up, watch TV, eat (almond cookies, chocolate milk) go to sleep.
 7:00 PM wake up, take medication, go back to sleep

Thursday April 27, 2023

12:45 AM wake up, eat (vegetable, biryani, curry chicken, galag jamun, naan) watch TV. go to sleep.
 3:00 AM wake up, take medication, organize medicine, go to sleep.
 7:00 AM wake up, take medication, go to sleep
 9:00 AM bowel movement, take vital signs (body weight 192.4 Lbs, body temperature 97.3F, blood pressure **BP179/76-57**, blood sugar count 110mg/dL)
 10:00 AM drink fruit smoothie (turmeric, ginger, banana, strawberries, rice protein, rice milk, Kiefer, honey), watch TV,
 11:00 AM take medication, I know Trust And Will conference call did not happen.
 12:30 PM bowel movement,
 2:15 PM phone call to cousin Duane McCloud
 3:00 PM eat (vegetable eggroll, fried chicken bites, coleslaw, celery w/onion, vinaigrette dressing) tried to call cousin, Kieth Williams, and Kent Brunson left message with both. Watch TV go to sleep.
 7:00 PM wake up, take medication, phone talk with Derrick,
 9:00 PM start Uber

Friday, April 28, 2023

1:00 AM finish Uber \$121.89
 2:00 AM watch TV
 3:00 AM take medication organize medicine, go to sleep

7:00 AM wake up, take medication, take vital signs (body weight 193.4 Lbs, body temperature 97.6F, blood and sugar count 115mg/dL, blood pressure **BP 162/72-55**) eat (eggroll, chicken bites, coleslaw, spearmint tea) watch TV, go to sleep

11:00 AM wake up, take medication, go back to sleep

3:00 PM wake up, go grocery shopping, watch TV, eat snack (chocolate mocha cake, coffee)

7:00 PM take medication, go to sleep,

10:00 PM wake up, start Uber

Saturday, April 29, 2023

1:30 AM finish Uber \$84.21, go to sleep

3:00 AM wake up, take medication, organize medicine, go back to sleep

7:00 AM wake up, take medication, go back to sleep

10:00 AM wake up, prepare green smoothies (avocado, kale, broccoli, spinach, 9.5alkaline water) make purchase APMEX

11:00 AM take medication, bowel movement, take vital signs (body weight 193.4Lbs, body temperature 97.8F, blood sugar count 123mg/dL, blood pressure **BP 152/62-52**) eat (vegetable biryani, broccoli, grilled chicken thigh, thepla, lemonade) watch TV. Go to sleep.

7:00 PM wake up, take medication, go back to sleep

9:00 PM wake up, 00, start Uber

Sunday, April 30, 2023

12:30 AM finish UBER \$53.20, drink, green smoothie, watch TV, go to sleep

3:00 AM wake up, take medication, organize medicine, go back to sleep

7:00 AM took 7:00 PM medication by mistake

9:00 AM wake up, take vital signs (body weight 194.4Lbs, body temperature 97.9F, blood sugar count 108mg/dL, blood pressure **BP 165/65-56**), phone talk with Derrick.

11:00 AM took 7:00 AM medication late (*I need to take 11:00 AM medication at 7:00 PM*), eat (beef sausage, egg, sunny side up, English muffin w/butter, strawberry preserve, coffee), watch TV

2:30 PM go grocery shopping Marianos, bowel movement

4:30 PM return from store, eat (roast beef stew, macaroni & cheese, broccoli, bread w/butter) watch TV, go to sleep

7:00 PM wake up, take medication, go back to sleep

9:00 PM wake up, start Uber

Monday, May 1, 2023

1:00 AM finish Uber \$96.55

Continued on **Crab Cake III**

potassium was a little low. had a snack (banana 422mg, apricots 427mg, prunes 1,274mg)

Diabetes Management (Fasting) 70 - 150 mg/dL (bp Goal) 132/69

Feb 28, 2023 — Normal non-fasting (A1C) levels are below 140 milligrams per deciliters of blood (mg/dL). If between 140 and 199 mg/dL, you have pre-diabetes. If above 200 mg/dL you may have diabetes.

Crab Cake IV

Wednesday, June 14

10:30 AM wake up, bowel movement, 11:00 AM eat (liver b' onions smothered in gravy, rice, sweet potato, green beans), take medication,
 11:30 AM take vital signs (body weight 198.0 Lbs, body temperature 98.6F, blood sugar count 180mg/dL, blood pressure **BP 159/60-76**)
 12:30 PM visit Donald, eat(cream of chicken soup)
 2:15 PM receive last dose of Neulasta
 5:30 PM arrive back home,
 6:00 PM lay down elevate legs, go to sleep
 8:00 PM wake, up take medication, go back to sleep,
 10:00 PM wake up, remove Neulasta injector, eat(white chicken, salad, sandwich, turmeric ginger tea) watch TV, go to sleep

Thursday, June 15, 2023

2:30 AM wake up, send Derrick the supreme wisdom message, the leg swelling has gone down, had loose bowel movement, I will take the medication sample that my nurse gave me for diarrhea "Loperamide hydrochloride", I will soak my feet using Shaklee basic G hydrogen peroxide, and baking soda now because building maintenance will shut off the water in today at 9 AM until 4 PM.
 3:00 AM take medication, take vital signs (body weight 198.0 Lbs, body temperature 98.5F, blood sugar count 202mg/dL, blood pressure **BP 136/48-75**)
 4:00 AM organize medicine, work on Trust&Will, make (16 fl.oz. green smoothie)
 5:30 AM order medication from Centerwell (metForman, Atenolol, Hydrazine)
 7:00 AM worked on MyQuest, take medication+last dose of aprepitant,
 7:30 AM feet and legs beginning to swell, I will lay down and elevate my legs, watch TV, go to sleep
 10 AM wake up, call **Catholic Charities** for financial assistance to pay the rent, but they said I'd have to be behind before they can help. Eat(liver& onions, smothered in gravy, rice, green beans, sweet potatoes, bread& butter, peppermint tea)
 11:00 AM take medication
 11:45 AM saw Ad on TV about reducing or eliminating my Medicare part B payment waiting to see if I qualify. I submitted application for an upgrade on my Humana Gold Plus HMO. **Humana Community, HMO, Diabetes & Heart HMO: Chronic special-needs plan** I will start using this plan on July 1, 2023.
 1:15 PM call from Sue Griffin the Illinois cancer specialist, nurse navigator for financial assistance of \$2000 one time pay out from the purple plunge organization helping pay my July rent.

6:00 PM I receive the call from the **Purple Plunge** spoke with Barry. He said their Board of Directors after vote on my application and he'll contact me in a week or two with the results.

6:30 PM eat (liver& onions, smothered in gravy, rice, green beans, sweet potatoes, bread& butter, spearmint tea)

7:00 PM take medication, watch TV go to sleep

11:00 PM wake up, phone talk Derrick

Friday June 16, 2023

12:30 AM go to sleep

4:00 AM wake up, take medication, organize medicine, drink green smoothie, eat trail mix, watch TV, go to sleep

8:00 AM wake up, take medication,

10:45 AM take vital signs (body weight 202.2 Lbs, body temperature 97.6F, blood sugar count 110mg/dL, blood pressure **BP 167/60-62**)

11:00 AM take medication, eat(beef, sausage patty, scrambled eggs, wheat waffles, tangerine, milk) watch TV, go to sleep

2:00 PM wake up, called Centerwell to correct **hydralazine** dosage from 25mg to 100mg, go back to sleep

6:00 PM wake up, eat(bread, pepperjack cheese, Romain lettuce, mayonnaise, veggie chips, ginger beer) watch TV, go to sleep

9:00 PM wake up, take medication, go back to sleep

Saturday, June 17, 2023

3:00 AM wake up, bowel movement, take medication, organize medicine, eat snack(deluxe trail mix) go to sleep

7:00 AM wake up, take medication, watch TV, go to sleep,

11:00 AM wake up, take medication, bowel movement, eat snack(deluxe trail mix) work on Majestic website,

1:00 PM watch TV, go to sleep

7:00 PM wake up, take medication,

take vital signs (body weight 198.0 Lbs, body temperature 98.3F, blood sugar count 105mg/dL, blood pressure **BP 155/64-68**) eat (liver& onions, smothered in gravy, rice, steamed, broccoli, glazed carrots, bread& butter) 11:00 PM watch TV, go to sleep

Sunday, June 18, 2023

3:00 AM wake up, take medication, eat snack(deluxe trail mix, ginger beer) organize medication, go back to sleep

7:00 AM wake up, bowel movement, take medication, watch TV, go back to sleep

11:00 AM wake up, a little nausea, take Tums, missed medication, eat(beef, sausage patty, scrambled eggs, home fried potatoes, wheat toast) watch TV, go to sleep,

3:15 PM wake up, take missed medication, season cast iron skillet,

Go to sleep,

7:00 PM wake up, take medication, stomach still bloated, take Tums, go back to sleep

Monday, June 19, 2023

3:00 AM wake up, eat(honey nut Cheerios, milk) take medication, go back to sleep

7:00 AM wake up, take medication, watch TV

10:00 AM bowel movement, take vital signs (body weight 190.0 Lbs, body temperature 98.7F, blood sugar count 126mg/dL, blood pressure **BP 153/68-65**)

10:30 AM call AT&T to get reduced bill for Internet service, walk to the Jelly Cafe, eat(buttermilk pancakes, syrup, butter, eggs, iced cappuccino)

11:30 AM Taking medication, phone talk Harold,

2:00 PM call AT&T got \$5 discount on current bill

2:30 PM received call from Barry at Purple Plunge to inform me that my application had been approved for \$2000 and he will meet with me tomorrow at my home between 9 AM and 10 AM

3:00 PM worked on Cash Dash,

7:00 PM eat(home fried potatoes) take medication, watch TV, go to sleep

Tuesday, June 20, 2023

3:00 AM wake up, take medication, go back to sleep,

7:00 AM wake up, take medication, organize medicine, bowel movement,

10:00 AM met with Barry to receive Purple Plunge \$2,000 check deposited into Chase household checking account #5800

10:30 AM take vital signs (body weight 190.0 Lbs, body temperature 98.1F, blood sugar count 135mg/dL, blood pressure **BP 142/59-60**)

11:00 AM take medication, phone talk Denise,

1:30 PM go shopping Marianos,

2:45 PM bowel movement,

3:00 PM eat(grass fed beef burger, pretzel bun, lettuce, pickle, onion, tomato, mustard, ketchup, onion rings, potato wedges) go to sleep

7:00 PM wake up, take medication, go to sleep

Wednesday, June 21, 2023

3:00 AM wake up, diarrhea, take medication w/loperamide hydrochloride

7:00 AM organize medication, take medication

9:30 AM phone talk Derrick,

10:00 AM take vital signs (body weight 191.2 Lbs, body temperature 97.9F, blood sugar count 118mg/dL, blood pressure **BP 146/55-66**)

11:00 AM take medication, eat (grass fed beef burger, pretzel bun, pickle, mustard, ketchup, onion rings, potato wedges), watch TV

2:00 PM worked on Rasheed, phone talk Clinton Brown, watch TV

7:00 PM take medication, go to sleep

11:00 PM wake up, watch TV, go to sleep

Thursday, June 22, 2023

1:00 AM wake up, drink green smoothie,

3:00 AM take medication, organize, medicine, watch TV,
 4:00 AM phone talk Clinton Brown, go to sleep
 7:00 AM wake up, take medication, go back to sleep
 8:00 AM take vital signs (body weight 190.0 Lbs, body temperature 97.7F, blood sugar count 122mg/dL, blood pressure **BP 160/60-63**)
 11:00 AM take medication, loose bowel movement, take loperamide hydrochloride, eat(onion rings, potato wedges, chocolate milk) watch TV
 12:00 PM phone talk Clinton Brown
 1:00 PM go to Jiffy Lube get Uber/Lyft vehicle inspection,
 2:00 PM phone talk Clinton Brown, work on Rasheed,
 5:00 PM watch TV, eat(veggie cheese sandwich)
 7:00 PM take medication, eat(peanut butter & strawberry preserves sandwich)
 8:30 PM power outage, go to sleep
 9:00 PM power back on

Friday, June 23, 2023

3:00 AM wake up, eat(peanut butter & strawberry preserves sandwich), take medication, organize medicine, watch TV, go to sleep
 6:00 AM wake up, phone talk Clinton, watch TV
 7:00 AM take medication, watch TV,
 9:30 AM do receipts, go to Sam's Club,
 11:30 AM bowel movement, take medication, take vital signs (body weight 193.0 Lbs, body temperature 98.2 F, blood sugar count 124mg/dL, blood pressure **BP 152/62-63**)
 7:00 PM take medication, eat(cheese pizza, peanuts) watch TV, go to sleep

Saturday, June 24, 2023

3:00 AM wake up, take medication, go back to sleep
 7:00 AM wake up, take medication, work on Rasheed
 10:00 AM take vital signs (body weight 191.0 Lbs, body temperature 97.6F, blood sugar count 127mg/dL, blood pressure **BP 159/63-54**) eat pizza
 11:00 AM take medication
 12:30 PM phone talk Don, watch TV,
 Ordered
 4:00 PM go shopping Jewel, watch TV, go to sleep
 9:00 PM wake up, take medication, go back to sleep

Sunday, June 25, 2023

12:00 AM wake up, start Uber
 2:00 AM finish Uber
 3:00 AM take medication, organize medicine, go to sleep
 7:00 AM wake up, take medication, go back to sleep
 9:00 AM wake up, bowel movement, wash dishes, make lemonade, phone talk Derrick,

11:00 AM take medication, take vital signs (body weight 192.4 Lbs, body temperature 98.2 F, blood sugar count 146mg/dL, blood pressure **BP 122/55-53**), eat (turkey bacon, eggs scrambled, english muffin w/butter, avocado, lemonade)

12:00 PM watch TV, go to sleep

7:00 PM wake up, take medication, watch TV, eat (flour tortillas, taco cheese, grilled chicken breast, lemonade) go to sleep

9:00 PM wake up, diarrhea, take loperamide hydrochloride, take Tums, go back to sleep

Monday, June 26, 2023

3:00 AM wake up, take medication, go back to sleep

7:00 AM wake up, take medication, organize medicine(change Hydralazine dose from 25mg to 100mg tablets)

7:30 AM cook taco meat(grass fed Beef ground, red onion, green/red bell pepper, taco seasoning)

9:00 AM make green smoothie,

10:00 AM take vital signs (body weight 191.6 Lbs, body temperature 97.7 F, blood sugar count 129mg/dL, blood pressure **BP 163/68-54**),

11:00 AM take medication, eat (turkey bacon, buckwheat waffles w/maple syrup, avocado) watch TV, go to sleep

4:00 PM wake up, go shopping Jewel, watch TV, eat snack(Klondike bar) go to sleep

7:30 PM wake up, take medication, eat(green smoothie, beef taco, tortilla chips, lemonade)

9:00 PM watch TV, eat snack(Klondike bar) go to sleep

Tuesday, June 27, 2023

12:30 AM wake up, work on Cash Dash, order online(Epson Perfection V39 Color Photo & Document Scanner \$109.99) watch TV, go to sleep

3:00 AM wake up, take medication, organize medicine, go back to sleep

7:00 AM wake up, take medication

8:00 AM go to CBC, pick up medication CVS pharmacy(Aprepitant, dexamethasone)

10:00 AM phone talk Yabba, activate Humana spending account debit card,

10:30 AM take vital signs (body weight 190.6 Lbs, body temperature 97.4 F, blood sugar count 117mg/dL, blood pressure **BP 166/72-54**),

11:00 AM take medication, eat(beef, tacos, tortilla chips, lemonade) watch TV, go to sleep

4:00 PM wake up, work on an Rasheed, watch TV

7:00 PM take medication, organize medicine, receive (Keurig coffee brewer \$109.99), watch TV, go to sleep

Wednesday, June 28, 2023

7:00 AM wake up, take medication

9:00 AM go shopping Montrose market,

10:00 AM take vital signs (body weight 190.6 Lbs, body temperature 97.9 F, blood sugar count 126mg/dL, blood pressure **BP 144/57-54**),

11:00 AM take medication, eat (beef, tacos, tortilla chips, lemonade) watch TV, go to sleep

2:30 PM wake up, loose bowel movement, take loperamide hydrochloride, take Tums, watch TV, eat snack(Klondike bar)

6:00 PM clean up garage, go shopping Brookhaven,

7:00 PM take medication, eat(cherry slice, milk) watch TV

9:30 PM purchase (HP Envy 6455e wireless color all-in-one printer \$149.99), go to sleep

Thursday, June 29, 2023

1:00 AM wake up, start Uber

4:00 AM finish Uber \$57.06

4:30 AM watch TV, go to sleep

6:00 AM wake up, take vital signs (body weight 191.8 Lbs, body temperature 97.1 F, blood sugar count 112mg/dL, blood pressure **BP 161/67-50**), eat(turkey bacon, eggs, English muffin, tangerine) watch TV,

7:00 AM take medication, go to sleep

11:00 AM wake up, take medication, called (Keurig customer support

866-901-2739

reference #SR0005106837

20% discount with two free beverage packs for a New brewer (no offer expiration date)

<https://www.Keurig.com/c/coffeemaker>

ID: Shah1948@aol.com

Password: 4Me2Go4k-cUps)

12:00 PM watch TV, eat(grilled chicken breast, multi grain bread, lemonade) go to sleep

3:00 PM wake up, bowel movement, purchase(Amazing Abby organizer \$43.98) eat snack(Klondike bar) go to sleep

7:00 PM wake up, take medication, organize medicine, eat (beef tacos, tortilla chips, lemonade) watch TV, go to sleep

Friday, June 30, 2023

1:30 AM wake up, start Uber

4:15 AM finish Uber \$51.72

4:30 AM eat (beef tacos, tortilla chips, lemonade) set up Epson scanner

5:45 AM go to sleep

7:45 AM wake up, take medication, go back to sleep

11:00 AM wake up, take medication

take vital signs (body weight 192.8 Lbs, body temperature 97.9 F, blood sugar count 104mg/dL, blood pressure **BP 155/65-64**), eat (carrot cake, milk) watched TV, go to sleep

1:30 PM wake up, go to mgt office for lease renewal got renewal offer reduced from \$1484 to \$1324 saving me \$160 so next year's rent will only increase by \$30 from this year's rent, phone talk Don

2:30 PM bowel movement, eat (beef tacos, tortilla chips, lemonade) watch TV, go to sleep

7:00 PM wake up, take medication, organize medicine, phone talk Derrick,

8:30 PM bowel movement, go to sleep

Saturday, July 1, 2023

12:30 AM wake up, start Uber

3:30 AM finish Uber \$74.27

4:00 AM eat (beef tacos, tortilla chips, lemonade), watch TV, go to sleep

7:00 AM wake up, take medication, go back to sleep

10:15 AM wake up, take vital signs (body weight 192.8 Lbs, body temperature 98.4 F, blood sugar count 125mg/dL, blood pressure **BP 121/56-59**)

10:30 AM eat(pancakes, turkey bacon, eggs, milk) watch TV

11:00 AM take medication

1:00 PM go shopping India bazar, visit, Don and Fanisha, return home, watch TV, go to sleep

7:00 PM wake up, take medication, organize medicine, go back to sleep

Sunday, July 2, 2023

3:00 AM wake up, start Uber

5:15 AM finish Uber \$36.48

7:00 AM take medication, bowel movement, eat (beef tacos, tortilla chips) go to sleep

11:00 AM wake up, take medication, set up HP ENVY printer, watch TV, go to sleep

7:00 PM wake up, take medication, organize medicine, eat (beef tacos, tortilla chips, lemonade), watch TV, go to sleep

Monday, July 3, 2023

1:00 AM wake up, start Uber

4:00 AM finish Uber \$80.55, eat(apple, fritter, coffee) watch TV, go to sleep

7:00 AM wake up, take medication, go back to sleep

9:30 AM wake up, receive call Humana health assessment, Humana Member Services 800-457-4708

10:00 AM take vital signs (body weight 194.4 Lbs, body temperature 98.4 F, blood sugar count 99mg/dL, blood pressure **BP 155/65-56**) eat (pancakes, turkey bacon, eggs, milk) watch TV, go to sleep

12:30 PM wake up, take medication,

Phone talk Derrick, watch TV, go to sleep,

4:30 PM wake up, eat sandwich(multi grain bread, avocado, tomato, cucumber, red onion, Romain lettuce, mayo, lemonade) watch TV

7:00 PM take medication, go to sleep

Tuesday, July 4, 2023

3:00 AM wake up, bowel movement, eat (beef tacos, lemonade) watch TV, go to sleep

7:00 AM wake up, take medication, go back to sleep

10:00 AM wake up, take vital signs (body weight 194.4 Lbs, body temp 98.2 F, blood sugar count 117mg/dL, blood pressure **BP 160/64-63**)

11:00 AM take medication, eat (turkey bacon, eggs sunny, side, English muffin, coffee), bowel movement

12:00 PM called Discover card for hardship assistance: received 0% APR on all new purchases on #2032 until 07/24 then return to 27.99% prime rate. received 0% APR on all new purchases on #9074 until 08/24 then return to 17.99% prime rate.

2:30 PM attended the Martin's International Culture 30th Annual African Caribbean International Festival of Life (IFOL) at historic Washington Park – DuSable

Museum: ~~cost~~ \$35 admission earn \$40 in Rasheed Fragrance sales

7:00 PM take medication, organize medicine, eat avocado sandwich

10:00 PM arrive back home, eat snack (cherry danish, coffee) watch TV,

Wednesday, July 5, 2023

12:00 AM loose bowel movement, take loperamide hydrochloride, eat snack (Klondike bar) watch TV, go to sleep

7:00 AM wake up, take medication w/ aprepitant & dexamethasone, work on MyQuest,

8:45 AM Go to Illinois cancer specialist for final cycle of six chemotherapy treatments. Met with Dr. Malhotra. To discuss treatment progress. Attach Neulasta injector.



11:30 AM phone talk with Derrick, shopping (Montrose market, Brookside & jewel)

2:15 PM take vital signs (body weight 194.4 Lbs, body temp 97.6 F, blood sugar count 143mg/dL, blood pressure **BP 128/56-57**)

3:00 PM eat (turkey bacon, eggs scrambled, English muffin w/butter, Cheerios w/milk) watch TV, go to sleep

5:45 PM wake up, eat snack (ice cream sandwich) watch TV, eat (German beans soup, multi grain toast, peppermint tea) go to

sleep

7:00 PM wake up, take medication, organize medicine, drink(carrot, celery, beet, parsley, juice)

9:00 PM watch TV, go to sleep

Thursday, July 6, 2023

1:00 AM wake up, eat snack(Nestlé's ice cream sandwich) watch TV, work on El-Amin websites the "Core" page

7:00 AM take medication, go to sleep

10:00 AM wake up, bowel movement, take vital signs (body weight 196.0 Lbs, body temp 97.6 F, blood sugar count 140mg/dL, blood pressure **BP 145/63-62**)

11:00 AM take medication, eat (turkey bacon, eggs sunny side, English muffin, coffee) watch TV, work on Rasheed, go to sleep.

4:00 PM wake up, eat snack(half avocado sandwich, Perrier Water, ice cream sandwich) bowel movement, watch TV, removed in Neulasta injector

5:00 PM loose bowel movement, take loperamide hydrochloride, watch TV

7:00 PM take medication, organize medicine, go to sleep

10:00 PM wake up, work on biography

Friday, July 7, 2023

12:30 AM snack (turmeric ginger tea w/honey carrot cake) watch TV, go to sleep

5:00 AM wake up, season cast iron skillet, clean stove, work on biography,

7:00 AM take medication, go to sleep

10:30 AM wake up, take vital signs (body weight 198.6 Lbs, body temp 97.8 F, blood sugar count 110mg/dL, blood pressure **BP 148/60-62**)

11:00 AM beginning to experience swelling in my feet, eat(beef sausage patty, egg scramble, grits w/cheese, multigrain, toast butter, and strawberry preserves), I will lay down and elevate my legs, watch TV, go to sleep

2:15 PM wake up, watch TV

4:00 PM drive over to Don's,

7:00 PM take medication, eat (cheese pizza, soda, chicken wings)

11:00 PM arrive back home, watch TV, go to sleep

Saturday, July 8, 2023

4:00 AM wake up, urinate, go back to sleep

9:30 AM wake up, take medication, bowel movement, go back to sleep

12:00 PM wake up, take vital signs (body weight 195.6 Lbs, body temp 98.4 F, blood sugar count 102mg/dL, blood pressure **BP 144/55-69**) eat (granola, multi grain toast, milk) watch TV, go to sleep

4:00 PM wake up, watch TV, bowel movement, go back to sleep

7:00 PM wake up, take medication, go back to sleep

9:30 PM wake up, loose bowel movement, take (Tums, loperamide hydrochloride) organize medicine

Sunday, July 9, 2023

12:00 AM go to sleep,

7:00 AM wake up, take medication, go back to sleep

11:00 AM wake up, take medication, go back to sleep

4:00 PM wake up loose bowel movement, (Tums, loperamide hydrochloride), go back to sleep

7:00 PM wake up, take medication, go back to sleep

Monday, July 10, 2023

9:00 AM take medication, organize medicine, loose bowel movement, go to sleep

11:00 AM wake up, take medication, eat(oatmeal, milk) go back to sleep

2:30 PM wake up, diarrhea, take (Tylenol, Tums, loperamide hydrochloride) go to sleep

7:00 PM wake up, take medication, organizing medicine, go back to sleep

Tuesday, July 11, 2023

7:00 AM wake up, take medication, eat cracker, go back to sleep

11:00 AM wake up, take medication, watch TV, go to Burger King(Junior whopper, value fries) go to sleep

4:30 PM wake up, phone talk Marilyn

9:00 PM take medication,

Wednesday, July 12, 2023

2:00 AM go to sleep

7:00 AM wake up, take medication, organize medicine, go back to sleep

10:30 AM wake up, loose, bowel movement, take(loperamide hydrochloride)

Tuesday, July 18, 2023

7:00 AM wake up, take medication

11:00 AM take vitamins, dental appointment, take vital signs (body weight 192.2 Lbs, body temp 97.6 F, blood sugar count 109mg/dL, blood pressure **BP 156/65-56**)

Wednesday, July 19, 2023

7:00 AM take medication, go to sleep

11:00 AM wake up, take vitamins, go back to sleep

2:00 PM wake up, bowel movement, take vital signs (body weight 190.6 Lbs, body temp 98.1 F, blood sugar count 128mg/dL, blood pressure **BP 159/64-54**)

Thursday, July 20, 2023

7:00 AM wake up, take medication, go back to sleep,

12:15 PM wake up, take vital signs (body weight 189.4 Lbs, body temp 98.1 F, blood sugar count 127mg/dL, blood pressure **BP 153/69-53**)

Friday, July 21, 2023

11:30 AM take vital signs (body weight 191.4 Lbs, body temp 97.9 F, blood sugar count 117mg/dL, blood pressure **BP 140/56-52**)

Saturday, July 22, 2023

10:35 AM

take vital signs (body weight 188.4 Lbs, body temp 98.3 F, blood sugar count 126mg/dL, blood pressure **BP 138/56-55**)

Sunday, July 23, 2023

9:30 AM

take vital signs (body weight 191.2 Lbs, body temp 97.5 F, blood sugar count 117mg/dL, blood pressure **BP 143/58-66**)

Monday, July 24, 2023

11:00 AM

take vital signs (body weight 189.6 Lbs, body temp 97.4 F, blood sugar count 113mg/dL, blood pressure **BP 157/62-53**)

Tuesday, July 25, 2023

11:30 AM

take vital signs (body weight 193 Lbs, body temp 97.4 F, blood sugar count 118mg/dL, blood pressure **BP 148/60-50**)

Wednesday, July 26, 2023

10:30 AM

take vital signs (body weight 193 Lbs, body temp 97.8 F, blood sugar count 119mg/dL, blood pressure **BP 155/56-49**)

Thursday, July 27, 2023

10:30 AM

take vital signs (body weight 190 Lbs, body temp 97.6 F, blood sugar count 108mg/dL, blood pressure **BP 125/58-48**)

Friday, July 28, 2023

1:30 PM

take vital signs (body weight 190 Lbs, body temp 98.0 F, blood sugar count 148mg/dL, **BP 117/52-56**) 113/53-56

Saturday, July 29, 2023

11:30 AM

take vital signs (body weight 192.4 Lbs, body temp 98.0 F, blood sugar count 108mg/dL, **BP 145/60-52**) 132/54-52

Sunday, July 30, 2023

10:30 AM

take vital signs (body weight 192.4 Lbs, body temp 98.0 F, blood sugar count 116mg/dL, **BP 120/50-49**)

Monday, July 31, 2023

10:30 AM

take vital signs (body weight 192.4 Lbs, body temp 97.7 F, blood sugar count 103mg/dL, **BP 148/64-55**)

Tuesday, August 1, 2023

10:30 AM

take vital signs (body weight 192.4 Lbs, body temp 97.4 F, blood sugar count 96mg/dL, **BP 140/60-51**)

Wednesday, August 2, 2023

11:00 AM

take vital signs (body weight 191.4 Lbs, body temp 97.3 F, blood sugar count 135mg/dL, **BP 101/53-48**)

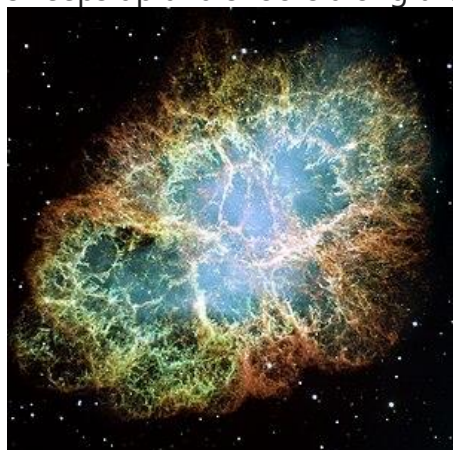
Thursday, August 3, 2023

11:00 AM

take vital signs (body weight 193.4 Lbs, body temp 96.9 F, blood sugar count 114mg/dL, **BP 160/64-52**)

The Crab Nebula

A **supernova remnant (SNR)** is the structure resulting from the explosion of a [star](#) in a [supernova](#). The supernova remnant is bounded by an expanding [shock wave](#), and consists of ejected material expanding from the explosion, and the interstellar material it sweeps up and shocks along the way.



SN 1054 remnant (*Crab Nebula*).

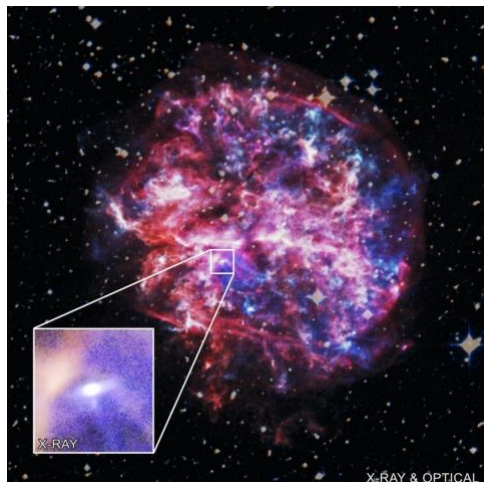
There are two common routes to a supernova: either a massive star may run out of fuel, ceasing to generate fusion energy in its core, and collapsing inward under the force of its own gravity to form a [neutron star](#) or a [black hole](#); or a [white dwarf](#) star may [accrete](#) material from a companion star until it reaches a critical mass and undergoes a [thermonuclear explosion](#).

In either case, the resulting supernova explosion expels much or all of the stellar material with velocities as much as 10% the speed of light (or approximately 30,000 km/s). These speeds are highly [supersonic](#), so a strong [shock wave](#) forms ahead of the ejecta. That heats the upstream [plasma](#) up to temperatures well above millions of K. The shock continuously slows down over time as it sweeps up the ambient medium, but it can expand over hundreds or thousands of years and over tens of [parsecs](#) before its speed falls below the local sound speed.

One of the best observed young supernova remnants was formed by [SN 1987A](#), a supernova in the [Large Magellanic Cloud](#) that was observed in February 1987. Other well-known supernova remnants include the [Crab Nebula](#); Tycho, the remnant of [SN 1572](#), named after [Tycho Brahe](#) who recorded the brightness of its original explosion; and Kepler, the remnant of [SN 1604](#), named after [Johannes Kepler](#). The youngest known remnant in the [Milky Way](#) is [G1.9+0.3](#), discovered in the [Galactic Center](#).

Supernova

The end of the life of a star

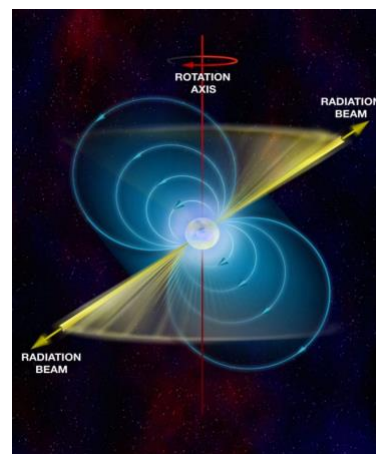


Meet G292.0+01.8. It's a [supernova remnant](#), the remains of a star that exploded long ago. The inset shows what remains of the star. It's a neutron star – seen from Earth as a speedy [pulsar](#) – now known to be moving at more than a million miles per hour (1.6 million km/h). Image via NASA/ [Chandra](#).

When a massive star explodes as a [supernova](#) at the end of its life, its core can *collapse* into a tiny and superdense object with not much more than our sun's mass. These small, incredibly dense cores of exploded stars are *neutron stars*. They're among the most bizarre objects in the universe

A typical neutron star has about 1.4 times our sun's mass. And they can range up to [about two solar masses](#). Now consider that our sun has over 100 times Earth's diameter. In a neutron star, all that mass is squeezed into a sphere that's only about 12-25 miles (20-40 km) across, or about the size of an earthly city.

Although neutron stars were long predicted in astrophysical theory, it wasn't until 1967 that the first was discovered, as a [pulsar](#), by [Dame Jocelyn Bell Burnell](#). Since then, we know of hundreds more, including the famous pulsar at the heart of the [Crab Nebula](#), a supernova remnant observed by the Chinese in 1054.



The Sub-Molecular and Atomic Theory of Cancer Beginning: The Role of Mitochondria

Life as we know it is made of strict interaction of atom, metabolism, and genetics, made around the chemistry of the most common elements of the universe: hydrogen, oxygen, nitrogen, sulfur, phosphorus, and carbon. The interaction of atomic, metabolic, and genetic cycles results in the organization and de-organization of chemical information of what we consider living entities, including cancer cells. In order to approach the problem of the origin of cancer, it is therefore reasonable to start from the assumption that the atomic structure, metabolism, and genetics of cancer cells share a common frame with prokaryotic mitochondria, embedded in conditions favorable for the onset of both. Despite years of research, cancer in its general acceptance remains enigmatic. Despite the increasing efforts to investigate the complexity of tumorigenesis, complementing the research on genetic and biochemical changes, researchers face insurmountable limitations due to the huge presence of variabilities in cancer and metastatic behavior. The atomic level of all biological activities it seems confirmed the electron behavior, especially within the mitochondria. The electron spin may be considered a key factor in basic biological processes defining the structure, reactivity, spectroscopic, and magnetic properties of a molecule. The use of magnetic fields (MF) has allowed a better understanding of the grade of influence on different biological systems, clarifying the multiple effects on electron behavior and consequently on cellular changes. Scientific advances focused on the mechanics of the cytoskeleton and the cellular microenvironment through mechanical properties of the

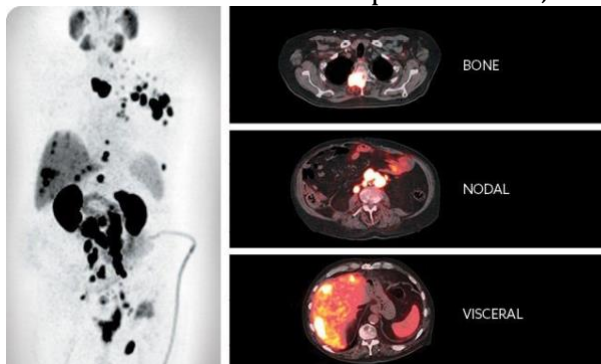
cell nucleus and its connection to the cytoskeleton play a major role in cancer metastasis and progression. Here, we present a hypothesis regarding the changes that take place at the atomic and metabolic levels within the human mitochondria and the modifications that probably drive it in becoming cancer cell. We propose how atomic and metabolic changes in structure and composition could be considered the unintelligible reason of many cancers' invulnerability, as it can modulate nuclear mechanics and promote metastatic processes. Improved insights into this interplay between this sub-molecular organized dynamic structure, nuclear mechanics, and metastatic progression may have powerful implications in cancer diagnostics and therapy disclosing innovation in targets of cancer cell invasion.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9689078/>

Scanning to Determine PSMA Status

PSMA scanning helps you see and target PSMA+ mCRPC⁷⁻⁹

- PSMA PET demonstrates high sensitivity and specificity to see PSMA+ metastases⁷⁻¹⁰
- Once a scan confirms PSMA+ mCRPC, the disease* can be treated with PLUVICTO wherever it has spread—bone, nodal, and visceral metastases^{7,9,11}



>80% of men with prostate cancer are PSMA+, making PSMA an ideal diagnostic and therapeutic target.¹⁻⁵

<https://cancer.ca/en/cancer-information/what-is-cancer/how-cancer-starts-grows-and-spreads>

Male Prostate Cancer

Prostate cancer tends to grow **slowly over many years**. In most men, early prostate cancer doesn't cause any problems. Signs of prostate cancer most often show up later, as the cancer grows. Some signs of early prostate cancer might include trouble peeing or blood in your pee (urine).

Can have no symptoms, but people may experience:

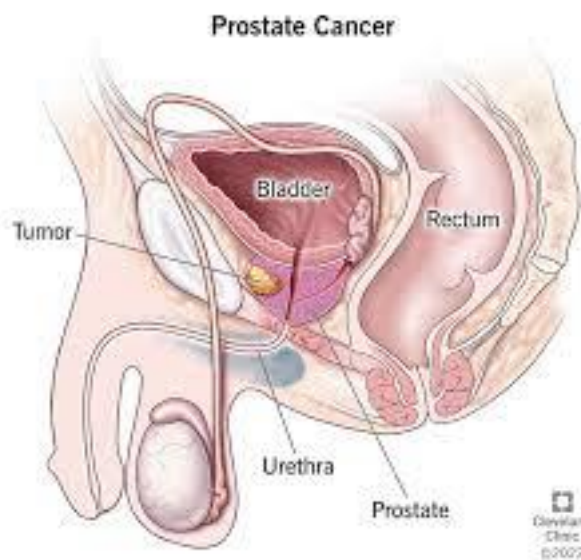
Pain areas: in the bones

Urinary: difficulty starting and maintaining a steady stream of urine, dribbling of urine, excessive urination at night, frequent urination, urge to urinate and leaking, urinary retention, or weak urinary stream

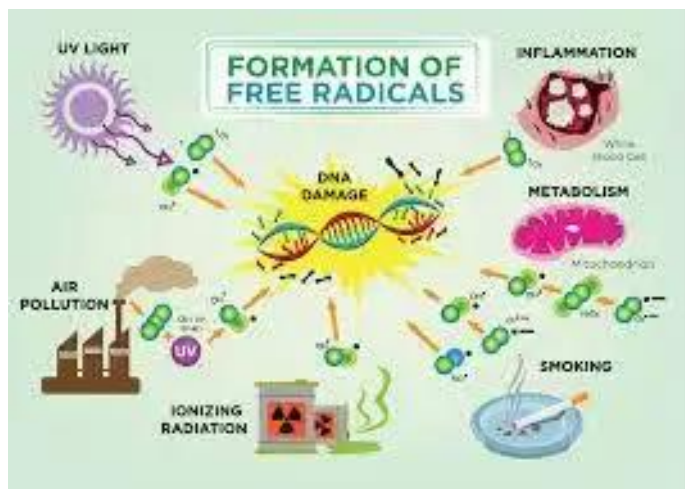
If a patient experiences bone pain and swelling in the lower extremities—especially when accompanied by urinary, erectile or ejaculation dysfunction—these could be symptoms of advanced prostate cancer.

Decoding a PSA Test

In general: For men in their 40s and 50s: A PSA score **greater than 2.5 ng/ml** is considered abnormal. The median PSA for this age range is 0.6 to 0.7 ng/ml. For men in their 60s: A PSA score greater than 4.0 ng/ml is considered abnormal. The normal range is between 1.0 and 1.5 ng/ml.



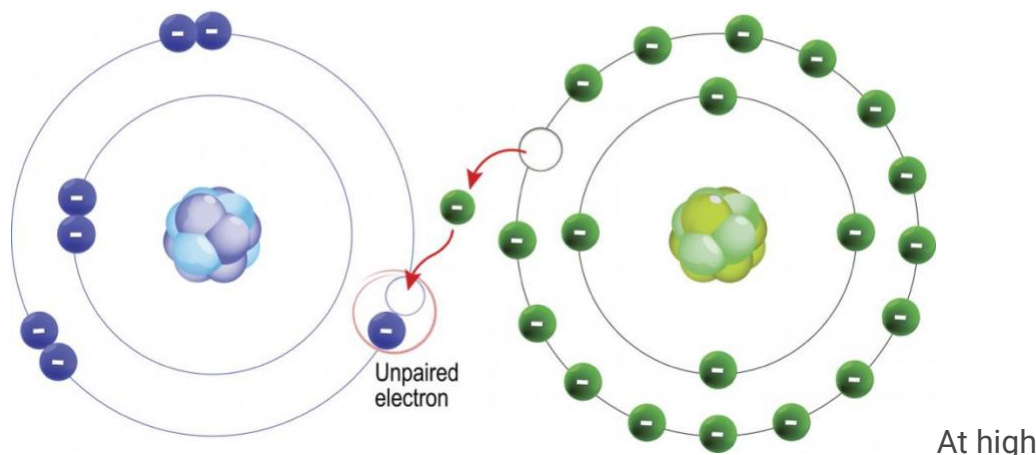
Atoms



Because free radicals lack a full complement of electrons, they steal electrons from other molecules and damage those molecules in the process

Free radical

Antioxidant



concentrations, however, free radicals can be hazardous to the body and damage all major components of cells, including DNA, proteins, and cell membranes. The damage to cells caused by free radicals, especially the damage to DNA, may play a role in the development of cancer and other health conditions

In chemistry, a radical, also known as a free radical, is an atom, molecule, or ion that has at least one unpaired valence electron. With some exceptions, these unpaired electrons make radicals highly chemically reactive. Many radicals spontaneously dimerize. Most organic radicals have short lifetimes.

In laboratory and animal studies, the presence of increased levels of exogenous antioxidants has been shown to prevent the types of free radical damage that have been associated with cancer development. Therefore, researchers have investigated whether taking dietary antioxidant supplements can help lower the risk of developing or dying from cancer in humans.