

THE SECRET LIFE OF YOUR TEACHER



The Secret Life of Mrs. Becerra

POTS & TICK BITE



Postural Orthostatic Tachycardia Syndrome

ILLNESSES

- I had been sick off and on for a few years.
- The doctors thought my health was due to a condition called POTS.
- Turns out, many many years ago (20-30 years ago), I got bit by a tick and got Lyme disease (and 2 other fun tick illnesses).
- After decades of my body trying to fight it off, I got quite sick.
- I'm managing well now - but have to stay balanced and healthy. I have AMAZING doctors!
- Here's some information about POTS. You can help me with water reminders!

POTS



- What does it mean?
- My autonomic system is out of whack.
 - ▣ Part of nervous system
 - ▣ Part of our body that has us do things automatically, without even realizing (pump blood, muscles, blood pressure, heart, breathing...)
- For me: not enough blood and oxygen getting to my brain

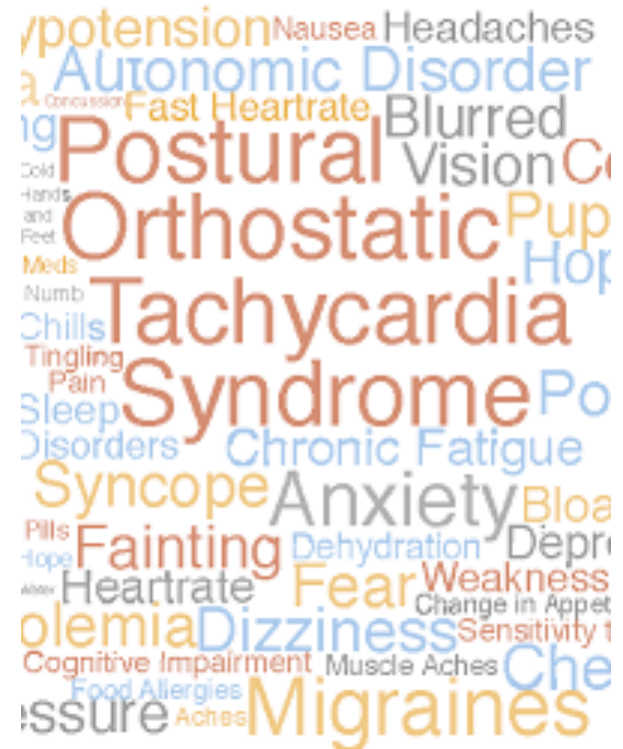
Symptoms

- ❑ Pain
- ❑ Dizzy
- ❑ Brain fog
- ❑ Fatigue
- ❑ High heart rate
- ❑ Low blood pressure
- ❑ Changing positions difficult
- ❑ Nauseated feeling
- ❑ Blurred vision



Treatment

- LOTS of fluids (4 liters of water, 1 liter of G2)
- Lots of salt
- Compression tights
- Cardiac rehab (exercises)
- Medication
- Sleep/rest
- Eat more
- Infusions
- Doctor appointments



Now What?

- Keep up with my treatment.
- Focus on cardiac rehab.
- Take random days and 1/2 days for appointments.
- Water, WATER, WATER!
- Here's a video I made a few years ago when I was coming back from sick leave.
- <https://www.youtube.com/watch?v=gxMwPhD-mZg>



□ Questions?

My Home



This cute deer has been hanging out in our neighborhood.



This is my house. I live in Shaker Heights with my husband and my 2 cats. We moved here 1.5 months ago after 18 years in Cleveland Hts.



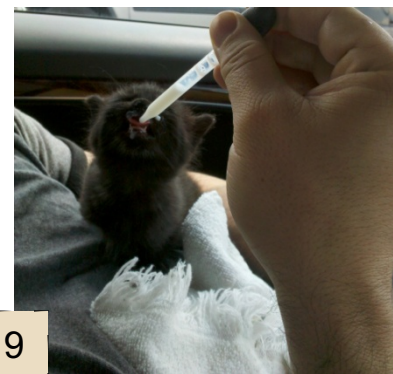
This is Reesie. We've had her for about 11 years. The vet thinks she is about 13 years



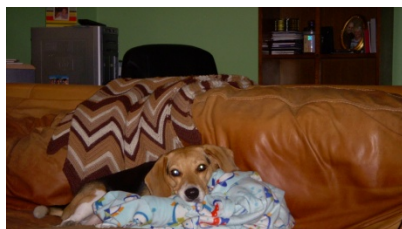
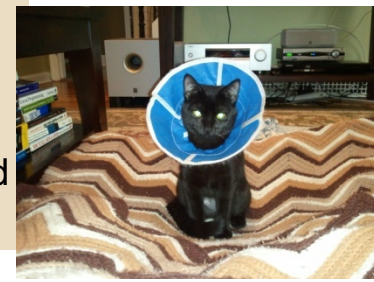
This is my husband, Bryan, sitting with Nigel & Lily. Nigel died awhile ago (in 2003). Lily died 2 years ago.



Bryan remodeled our kitchen. Now I cook! 😊



We found this kitten 9 years ago in a Hosta bush. So now her name is Hosta. We were going to give her away, but decided to keep her.



This is Lily napping on the couch. She loves her blue blanket.

Lily got stuck in her favorite blanket.

My Family



Bryan and I
at my friend's
wedding.



My aunt and I
rode a moped
around Block
Island.

I have two sister-in-laws,
Shelley and Gillian. They're
wonderful and my friends!

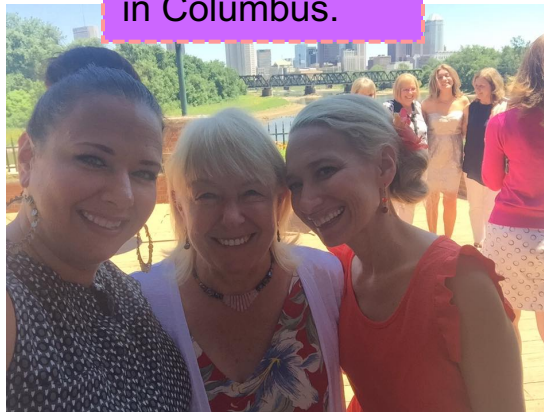


These are my parents.
You might meet my mom
this year. My dad died
just over 10 years ago.
Lily and Sadie wanted
to be in the picture, too.

These are
2 of my
nieces,
Maddie
and Tori.



My sister, my
mom, and I are
celebrating a
wedding shower
in Columbus.



Monica was with me for
part of the time at RVCV.

These are my
grandparents.
My grandpa
fought in WWII.
My grandparents
died a few years
ago.



My Friends



This is my friend Emily, and her daughter, Lizzie.



These are our dear friends, Chris and Chandy. We visited them in Buffalo, NY, this summer and saw a concert.



This is my best friend, Hilary. We've been friends for over 30 years! It's her birthday today! Let's call her!



This summer Bryan and I went to visit our good friend, Joanne, in Buffalo, New York.



I bet that most of you know Miss Rollins! You will see her walking around school all year long! We were eating dinner at Geraci's.

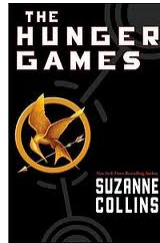
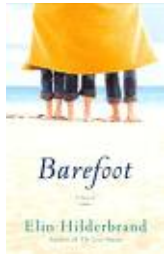


Ms. Rollins and I walk most Sunday mornings at the Beachwood Park. Sometimes Mrs. Shaw joins us, and a few weeks ago – Clifford did, too!



This is my friend Lorraine. We met in Tanzania. We both teach 3rd grade. She lives in NYC.

When I Am Not At School...



Part of my recovery from POTS involves working out my heart. I like to walk/jog and lift weights.

I love to read. These are some my favorites!!!!!! I am in a book club. Once a month I talk about books with my friends. (sort of...)

I do enjoy watching television when I have time. Here are some of my favorites.



Bryan and I enjoy going to the movies. My all-time favorite movie is "ET!"



STRANGER THINGS



TANZANIA



Rift Valley Children's Village

- July trip
- Volunteer
- Read
- Math
- Love
- Care



My Favorite Foods and Restaurants



Buttery popcorn and donuts are two of my favorite snacks. Too bad I can't eat them anymore! ☹️ I can have Skinny Pop popcorn, though. There are safe treats I can have, but I have to be careful of the sugar. It's been a rough few years and a big life style change!

But I'm back with a ROAR! 😊



I love to eat at Dewey's Pizza!



I like to stay healthy by eating fruits and vegetables. These are my favorites.



Two of my other favorite restaurants are Chipotle and Taza.

Did You Know?



I HAD a yellow motorcycle. I rode it to school a couple of times. Bryan had a motorcycle, too. We sold our bikes because we didn't use them often.




I was a happy baby! My parents tell me that when I was 5 years old I decided that I wanted to teach elementary school!

My favorite colors are orange, hot pink, and yellow.

My favorite TV shows are "The Walking Dead" and "Outlander."



My longest voyage home took over 40 hours. (That's almost 2 days!)



Now that you have learned
about my “secret life”, I am
excited to find out about
yours!