Just the Way You Are

A MinneStory™

Chris and Karen discuss the day their daughter, Sophia, was born and the guilt felt when first learning about her disease. Now, years later, they focus on how amazing Sophia is and the joy she brings to their lives.

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Karen: When she came out, it was about three or four hours after she was born. They ended up taking her to Children's, so it was a really hard time for both of us.

Chris: Yeah I would say if you have a child with this condition, or with any condition, and you don't know anything about it, don't be so hard on yourself. In the very beginning, the feelings that I had that I now feel guilty about feeling were you know, "I just had a child, but I didn't feel like I just had a child." I felt really disconnected. I didn't go down and see her as much as I should have. We had her, everything was great then we knew that something maybe wasn't quite right.

Karen: Yeah, it was an awful, awful night for all of us I think. She knows that she has to take medication every day, and she even knows what her dosage is, which is just amazing to me! She knows what she has, she knows she has congenital adrenal hyperplasia. I don't know if she really, obviously understands what it is. She's almost five. She knows she has to take the medication. We always tell her that when she goes to the emergency room that her arm is thirsty, so they have to put a straw in her arm. It's something that she knows. She even tells me, "Well, my arm was thirsty today." I'm like, "It, yep!" (laughter).

Chris: Well my favorite part about Sophia is when we are playing, she likes to be chased around the house. Ah when she's had enough of that, then she comes back and cuts all my limbs off with a light saber and then I fall to the ground and when she realizes what she's done to me, and I can no longer play with her, then she glues me back together, so we can go for another round. And also her laugh. It's infectious.

Karen: She is just a strong girl; couldn't imagine her any different. You question certain things if it's her condition or if it's just her, and I think a lot of it's just her. I think she's just a quirky little girl, and she's just fun-loving. Definitely ups and downs. She's very strong personality. She definitely tells you what she wants and when she wants it and how it needs to be done. She's just an amazing, amazing, amazing girl.

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