

Hello all. My name is Kara. Adam and I thought it may be helpful to some of you to have these questions answered by a female in a different medical situation. I have copied the questions (except for duplicates) in Peter's Q&A and I have answered them from my perspective. Before I begin, though I would like to tell you a short bit of information about myself.

I am 36 years old. Wife and Mom of a 5 year old son and almost 4 year old daughter. I am currently not working, but have a masters in SLP and am planning to go back to work this fall. I was diagnosed in January 2005 (Happy New Year!!) with my first major flare lasting nearly 8 months. Very intense pancolitis. I tried a number of the Mesalamine drugs and enemas etc. Prednisone kinda worked, but not really. Finally, desperate, depressed and just down right tired, physically and emotionally I started searching the internet and found the Specific Carbohydrate diet. I strictly followed it for 3 years without any more flares. There was a fear factor to it and I was scared to cheat. It had saved my life at that point and pulled me out of an 8 month trial and mostly ERROR of medications. In summer 2008 I became pregnant with my son. Still treating my UC with SCD alone I was even more determined not to use drugs while making a little person inside. The symptoms were the worst during weeks 30-36 and then tapered off. When he was born I had some minor flares in the months to follow, but nothing too debilitating or stressful. Keeping with the SCD I was flare free then until August of 2012 after we returned from China where we stayed for 2 weeks during the adoption of our daughter. It was on! Full fledged FLARE. This flare was similar to my first in that because I was not pregnant, the doctors started throwing meds at me again. I took drugs that I KNEW had made me even sicker in the past in a desperate attempt to get better. I never did get better. From Aug 2012 thru April 2013 I was terribly ill. Never leaving my house and just all kinds of pain and anxiety. At the end of April I went in for a Colonoscopy and they admitted me to the hospital. I spent the next 6-8 weeks in the hospital after that admission I started on the Humira injection and there were 2 more ER admissions finally ending up with a Rectal abscess that was cut and drained and then developed into a fistula. It was horrible. I won't go into too much detail, but I was in a full on flare with bloody, explosive diarrhea about every hour to hour and a half (17-20 times

per day and thru the night) and it was shooting out a fresh incision in my rear. Sitz baths after every BM I was in hell. They did a loop ileostomy to help the fistula heal and left my colon in tact. That surgery was in June of 2013. Since then, I have made the decision to have a total colectomy and proctectomy (removal of rectum and anus) I am now recovering from that surgery that was performed the first week in April. I am 4 weeks post op right now answering these questions.

What's life like now?

Life is real. I took my son to the park yesterday for a picnic lunch in the sun. It was amazing. I had an ileostomy for almost a year before I had this surgery, so I'm totally used to the bag. The stoma was revised so there's some differences there and I have to wait for it to heal and shrink and what not. 2 weeks post op, they took out my stitches in my bum and that made a world of difference. They were very tight and painful by that time. I am hoping that life will be very similar to the way it was when I had the loop. It was awesome. I still have some pain, but everyday gets better.

What is having a bag REALLY like?

If you're a woman, I would compare it to having your period. It's just something you have to take care of and it's necessary to give a little more attention to your stoma once you have it. It's not nearly as bad as I imagined it to be. I kind of fell in love with it right away because of how good I felt and all the things I could do that I couldn't before when I was so stinking sick. It's kinda like that.

Is it at all embarrassing?

I'm kind of like Peter in that I don't really get embarrassed easily. I always told my doctors that having a bag makes it official that I have a medical condition. Pooping your pants is just straight up pooping your pants and THAT is embarrassing. Even for me. So my answer is no. I doubt unless I tell people they'd even know I have it. I wear a one piece bag that is very low profile.

Does living with a bag outweigh living with UC really?

Um.... It out weighs lying in a hospital bed and crapping thru a fresh incision every hour or so and watching your body waste away to 90 lbs., becoming anorexic due to anxiety about eating and pooping and just wanting to die. Yes it's much cooler to have a life and a bag than living in hell.

What are the possible side effects, as we know everything has a side effect(s).

For my particular surgery the doctor said that the pelvic dissection part of the surgery (where they peel the nerves away from your rectum and anus and take them out) carries a risk of some vaginal dryness for women, not sure for men, but also that you may not be able to pee right away or for an extended period after the surgery. I guess this is more common in men since these nerves they are dissecting are right behind the prostate for them. Anyway, I have had no side effects from the surgery other than the severe pain of the trapped air from the laparoscopic surgery. WORST PAIN EVER!

Can you still fart? Not outta my butt. My stoma puts on a show at times. It can be VERY loud, but my kids mostly just laugh and say, "Mommy, was that your belly farting?"

Do you really feel better after getting your colon removed? I felt much better just a few weeks after my loop ileostomy last June. My colon wasn't taken out, but bypassed and not functioning.

Also, how is the pain level?

For the loop surgery which I would think is comparable to the first surgery where you get your colon taken and you have a stoma but keep your rectum and anus. There was little pain. Again, don't know why this effects me so much but the trapped air after the laparoscopic surgery was intensely painful. Stoma pain not bad at all. *Would you have gotten the surgery done sooner?* I wish that I'd have known the Humira wasn't going to work and I'd have had them do the colectomy and proctectomy last June instead of just the loop so I didn't have to go thru both surgeries.

Are you still able to be intimate with your mate? Not yet after this surgery, but after my loop I was. It takes a little getting used to, but ostomysecrets.com has a bunch of cool and sexy wraps that make you feel a lot more confident and help you forget about your bag. Before my surgery there was very little going on in the bedroom because I just felt so terrible. I guess you could say that having a bag helped me get lucky again. That's pretty cool.

Do you wish you had just done this in the beginning? I am paralleling it to the women who remove their breasts if they find out they have cancer or the gene. It is really worth going through all the meds just have surgery anyway? Difficult to answer. No, I'm glad that I tried the SCD and was able to maintain a healthy decent lifestyle for nearly 8 years. My symptoms were only terrible during that first flare and this last one lasting months. I am glad that I got the opportunity to be healthy for those years without meds. It seemed that all my problems started and intensified for me when I started to find pharmaceutical answers to my pain and symptoms. I don't think drugs are the answer for me and probably most. BUT, if you can find remission and it's pretty consistent, I'd say stick with it. If you're sick of being sick all the time and the anxiety of uncertainty then you may want to consider the surgery.

When did you decide that surgery was the best option?

After having the loop ileostomy and feeling better than I had in nearly a year I knew that I could live with a bag rather than be sick and be in pain and anxious everyday. It was confirmed further after the 6 month colonoscopy showed that the Humaria wasn't effective.

Had you tried all possible medications or was surgery something decided on to avoided all the drug taking?

I did SCD for 8 years with a great deal of success and then found that I was no longer able to control my disease with SCD alone (and I tried for like 7

months straight)for this particular flare. I fought myself over an over and finally gave in to the Humira. I really felt like my body was wasting and I was going to die. With the Loop and the Humira on board my colon was still fried. I was happy that getting the Colectomy meant I could stop taking the Humira. No more meds for me!

How close to normal is everything “functioning”?

I assume you are asking this question of a J-Pouch person. For me everything is pretty normal. I have gas bloats in my bag now and then that are inconvenient and weird noises now and then. Most of all though I am very happy with my body and how it is functioning.

Are you glad you had the surgery?

Never been more sure of a decision in my whole life.

How noticable is this to your mate?

I probably should try to hide it a little more, but like I said I’m not easily embarrassed. *How offensive/intrusive?*

No more than having your period. It’s just a thing. You get over it.

Would you recommend this surgery to someone who has months of remission in between [flares](#)? My Father and Cousin have both had it and are so happy. That is up to you and your doctors. I was years between flares with no drugs and just SCD. There just came a point when the disease got the better of me and it was the best way to continue my life and living it.

How painful was it?

Loop surgery not painful at all, actually made me feel much better about 2 weeks post op. Colectomy and proctectomy was pretty painful. The butt sewing up part in particular was bad. BUT nothing too terrible to stop you from having the surgery. Seriously though, my entire operation was done laparoscopic and the trapped air in my chest and shoulders was excruciating.

The pain meds they give you don't treat that pain at all, you just have to endure it.

How long were you in the hospital?

For my loop I had been in the hospital like 5 weeks prior to the surgery so after the surgery they kept me for 6 days.

How long were you out of work/unable to work? I was not working at the time, but this time I am back to housework and kid wrangling after 3 weeks with a LOT of help from my husband. I can't lift over 10 lbs so that part is hard.

How do you sleep with it at night – do you have to sleep in one position to avoid it coming off or getting squished? I typically sleep on my right side which is where my stoma is. I don't lie on the pouch, but I pull it loose and it lays on the bed in front of me. I sometimes wake up on my back. Usually when my bag fills up with gas I just instinctively do it so it doesn't burst.

Do you have issues with pooping while having your bag? After my loop I did poop blood for a number of weeks and I had urgency and it hurt a bit. *I do and would like to know if there are any good ways to deal with it. Colon out last June, December the reversal failed due to infection, bag back on 6 surgeries later, reversal scheduled for July... Oh yea, USA!!*

The bloody poop stopped after 3-4 weeks and then I just had a pink mucus poop every 3-4 days or so.

Does a J-Pouch feel like a rectum?

Don't know, I haven't got either! ☺

Hello my name is Harun in Atlanta (Olympic City) GA. USofA!!! I have recently had "most" of my colon removed the first in a three part J-pouch. If your surgery has left you with any part of the rectum do you still have problems from colitis (my doctors now call it proctitis but i still have many of the other symptoms of UC as well)? If so have you found any relief and

how?

I'd imagine that this first surgery is similar to my loop and there really was nothing to do about the urgency and bloody poop/mucus. I had a fistula too so this was not fun. This is the main reason I opted for the proctectomy and permanent stoma. I am just so over butt and poop problems. I actually have a great deal of anxiety about my butt in general.

I've been considering surgery. One of my biggest issues right now is urgency and I'm trying to decide if I were to have the surgery right now and do 2-stage j-pouch route, if I would still have the same issues? I am not a doctor but I just want to let you know that I had pancolitis and urgency WAS my main issue. The wrenching gut aches and then the running to the pot was my life quite literally for a years time.

Was this a concern for you or something that played into your decision making process? Yes this was a major factor in my decision making. If I'm going to go thru the pain and risk of surgery I want something to change for the better. I don't want to still be running to the bathroom every couple hours with watery diarrhea and have anxiety about it ALL the time. What triggered your decision to go ahead with surgery, will you have to have more than one surgery (i.e. is this done in 2 or 3 stages), and now that you have taken that step are you still convinced it was the right thing for you to do?

I decided to go ahead with a permanent stoma after I was sick for a year of which the last part was 6 weeks in the hospital with a fistula and loop ileostomy. Humira was my last shot and it didn't do much to help me. I lived with the loop for the first 6 months and started to feel like a person again. I knew I could never go back to the pain and anxiety of using my bumhole again. I just was over it. And yes, I know in my heart and mind it was a the right decision for me.

Are you a candidate for [J Pouch](#) surgery? NOPE, no more butt, they sewed that baby up. Ain't nuthin ever coming out of there again. If so, are you going to consider it? Rosemary – in Maryland, USA

I understand that after surgery you now have a multitude of issues/problems

that you didn't have before. These may include, but are not limited to, an ostomy or j-pouch infection and the fact you're still going to the restroom 10+ times a day!

No sir/ma'am no problems. No infection in my ostomy and the ostomy itself is no problem. Now, the whole J-pouch pouchitis things I think is a real problem for some folks. Part of the reason I opted out of that whole mess. I like to Keep It Simple.

Are you still happy you had surgery ?



Hi There, I'd just like to know how painful is it when you come around from the surgery? For me the pain was pretty well controlled with the pain pump they had for me. Once the trapped air pain started tho I was insanely uncomfortable. There was nothing they could do about it. For me that was the worst. The bum stitches were pretty painful after I switched to the oral meds, but I opted for the non narcotic pain meds so if you're a narcotic pain med person you may not have so much pain. I had tramadol.

What kind of pain do you experience? In my Loop surgery not much pain besides the trapped air and the bridge they put under the loop part on my ostomy to keep it from sinking in. For this more recent surgery the trapped air again was killer and then my bum was pretty sore.

I am considering an ileostomy since I have been unable to reach any remission without steroids. I am frightened of being cut open and having a bag attached to my body for the rest of my life. How did you face the realities of your surgery without a ton of anxiety? I was actually lucky enough to be literally in HELL when the loop option came about. I was just so ecstatic about feeling good and starting to be a person again that I just took the ostomy for what it was worth. It saved my life. At that time it was to be a temporary thing, but I had too much anxiety about hooking things back up. I didn't want things to go back to the way they were. I remember reading on here about the hijinks of the UC girl talking about pooping in a box in her

car and I was just like, man, so over that. I know that this bag is for me!! Oh and also, (duh) get the doctor to give you antianxiety pills. I used Ativan the entire time I was in the hospital and also for a few weeks after I came home. There's no shame in it. There is a lot of anxiety in this disease. (at least there was for me). I'm also on an antidepressant called Lexapro that seems to have helped me deal with the chronic pain and just depression of your body betraying you.

How is it to empty the bag? Super easy. You don't even have to pull your pants down. I just sit on the toilet seat kind of like sidesaddle and empty it over my right thigh. You squeeze it out like a frosting bag and wipe the end out with TP or a baby wipe and it's good to go. Takes about a minute.

How long before you felt even slightly back to normal? Thank you for taking the time to care about us. Debra Sue

after my loop, about 3 weeks and the same for this surgery. As far as accepting the stoma and bag and what not, that took about 3-4 months before I stopped grieving for my old body, but I realized that my old body was shot. This was my new chance at a healthy body again.

Does having a colostomy bag beat going to the loo 20 times a day? It doesn't hurt, so that beats the blood, cramping and pain right there. I go about 8-10 times per day because I don't like to have more than about 1/3 of the bag full. The difference is, emptying my pouch is rarely an emergency and I don't have the anxiety that I used to have about finding a bathroom or pooping in my pants.

How long between surgeries to you have to heal ? I went 10 months, but this is a different situation all together from the j-pouch surgeries

Do you feel surgery improved your quality of life? Um, totally!

Did you have a drastic improvement in your pain level after the procedure?

After the loop it took 3-4 weeks to stop feeling UC yucky with the poopy and cramps and blood mucus stools. After the Colectomy I was in more pain after the surgery because I was not sick before the Colectomy. I was a whopping 130 lbs.

Would you recommend it to others with severe UC? Yes, of course.

How did you pick your surgeon? I looked to see which hospitals' GI teams were ranked and found that KU's was ranked 19 which is actually Great in the big picture. I had the same surgeon that did my loop, do my colectomy. He's awesome and very good at what he does.

What medications had you tried to manage your UC before the surgery?

Every Masalamine known to man Lialda, Asacol, Pentasa, Rowasa, suppositories, retention enemas, Antibiotics, Flagyl, buttlods of Prednisone, Yoga, Acupuncture, SCD, Probiotics, 6-MP, Humira, Loop Ileostomy, sure there are some I'm forgetting, but a whole mess of stuff that mostly just made me feel WAY WORSE!

Did you have pancolitis? Yep, Whole thing SHOT!

Did you tell classmates or coworkers about your procedure?

Yes, I am interviewing for a job and had to tell my future employer that I was having surgery and would have to postpone interviewing for a month or so. I let them know that this was a good thing because I am having surgery to cure my disease. No more 20 sick days in a row type stuff.;

Did you have surgery complications?

No

Did you have problems with urgency after the procedure?

After my loop surgery I did. Now I don't have a but hole so I feel pretty much nothing.

How soon afterwards did you resume participation in sports (including contact sports)? Not a contact sport person (although my children like to challenge that notion on occasion), but I am not doing anything strenuous for at least a couple months. I don't want to screw anything up. There'll be plenty of time for all that once I'm healed properly.

Did you have incontinence issues after surgery? I assume you are talking about the j-pouch surgery which I did not have.

How did you have to change your [diet](#) after the procedure? -TEAM USA

There are foods they tell you to avoid or limit like popcorn, nuts, raw veggies like carrots, celery, coconut, but there are a handful of foods I just don't eat. I stick fairly close to SCD having potatoes and occasional rice (with my sushi) but for the most part, I eat about the same. Gluten and Dairy free. I eat yogurt and cheese. I just eat less at meals and snack in between. I eat a few apples a day (I peel them).

I just had my colon out 3 wks ago. The surgeon is going to do a 3 part surgery with a JPouch pull thru over a 6 mos period. I had severe UC. Had it for 12 yrs with it getting severe the last 2 yrs. tried remicaid for 2 years, no help. My question is how do you go out in public and empty the bag? Mine has the worse odor. Also I can't bend down over the toilet to empty it. Please see the answer above about how I empty the bag while sitting sideways on the toilet. The odor of my bag when I empty it is strongest in the AM when the output is watery and kind of bile and stomach acidity from the night. Usually after that initial morning drop I really can't smell the output anymore during the day. I would highly consider what you're eating. There are some foods that they say to avoid for high odor like broccoli and I know that when I eat sushi it's terrible. But, not terrible enough to keep me from eating it. I guess yogurt can neutralize the smell or help. Maybe try that.

I've had my colon removed due to 33 years of ongoing UC in May 2012. I've gained a lot of weight with prednisone – 30 lbs before surgery while in hospital. My most excellent surgeon told me that I must lose a lot of weight before a resection. I'm 5'8" and 215 lbs. How much weight should I take off? Any hints to hurry it along? Jennifer from Calgary

I am sorry to say I cannot help at all with this one. I was cranked to 60 mgs of prednisone a day and on TPN in the hospital before my surgery for the loop. I too am 5'8" and at the time was 90 lbs. My best advice is try SCD. It always helped me get to my normal weight which is about 120. Cut out carbs and eat plenty of fresh fiber fruits and veggies. Also, get you're groove on. Dance around your house if you have to. Just get up, get out and get moving! Talk to your doctor about it I'm sure he/she will have some ideas.

HAVE the pros outweighed the cons in doing so?

YUP

I wonder what made you finally decide that surgery was the answer. I am 67 and was diagnosed with severe UC three years ago. I have been on [Remicade](#) for a year with marginal results (I still have emergencies too often and don't eat any meals too far from a bathroom). My friends have all said I should have the surgery-I just don't know! Carol-United States

Well Carol

DO IT!!!! You will never ever imagine how wonderful life can be!

florida RoseAnn Fischer

Are the doctors going to hook you up to the J pouch so no more need for the bag?

And No to this question. I don't want any of that. I want to make my life easier, not just dink around trying to be NORMAL and hiding my disease. I have it and the best way for me to enjoy life without stress or anxiety or pain and infection is with this bag. Til death do us part!! Married to it. Happily married.

Will you lose a lot of weight and can not get it back.

Before Loop I was 90 lbs. After loop I gained 30 lbs in 4 weeks. Not kidding. Before my colectomy I was 130 lbs. and now I'm comfortable at 120 lbs. I imagine I'll climb back to hover at 125 which is pretty typical healthy weight for me.

Do you have the j-pouch if so how is it working? Nope

Dose your stomach sink in? Not sure what this means, but no. I have a stoma. The colon wraps around the outside of the small intestine so there's not like a dent where it used to be. It looks just about the same.

Do you have bad scar's? Not really, surgeries were all laparoscopic. I have a nice c-section scar and just a few little puncture scars, but really who cares. Not like I'm going to be showing anyone my belly with a huge pooh bag hanging off. I guess if you're talking about after the let down and j-pouch, I don't know. I'd imagine there'd be a scar under the stoma site.

My 12 yr old son is scheduled to have his first of two surgeries next week. We have tried every med with no luck because his UC is very aggressive. We are scared about his pain factor and how long it will take him to feel less pain after the first surgery.

How bad were your flare ups and how much medication were you on that prompted you to opt for surgery? Please see above answers for flares, meds etc. I would encourage your son to take his time. After the first surgery with the bag just let him get a chance to get used to it. I really just couldn't go back to the butt issues once I found that the bag was really not that big of a deal. Hope all goes well!

I am from Ireland and making enquiries on behalf of my 20 year old son who is on [humira](#) and would be little in denial. My question is if he had surgery would he play football sport again as this is his life and at presently is

*unable to play any sport. . He has low energy and seeing some hair loss.
Thanks from worried parent!! I love to get the emails so well done on all you
work to date. Pauline*

I know exactly what Humira does to your body. I had the same effects. Honestly, it just comes down to a point where you just have to either admit you have a disease and there is a cure for it or go on denying it and feeling totally crappy. It just depends on your endurance and perseverance and denial. Mine was terrible. Once I accepted that I had the disease and there was nothing I hadn't tried and I was tired of dying. I knew I wanted to live and live like crazy, not like I had in pain and anxiety ridden. It's a little like finding God. You have to be at the very bottom to appreciate the hand up, the cure, the solution to your problem. Best of luck to you and your son.

Having removed your colon are you now required to carry a bag?

I don't have to carry it. Just stick a new one on every few days.

Are you experiencing any serious side effect or other problems?

Not presently.

Would you suggest other UCers to get the surgery if they are well controlled on [Asacol](#) ?

That's for you and your doctor to decide.

Is it true that once you have surgery that your butt has to be sewn up ?

Yep that's what they did to me. I call it asscrack to nowhere.

Did your doctors make you feel pressured to get your colon removed? No, actually they wanted me to try a bunch of other drugs.

*How hard is it to get a seal on the bag and finally
how long before you felt better after surgery?*

When I had my loop ileostomy I was on humira and it felt like I had a lot

more skin breakdown and problems with the peristomal skin. After my ostomy revision with the colectomy I feel like it's not as much of an issue. I use Hollister bags (one piece) and the bottom seals with little micro Velcro things. I've never had it come open. My bag has leaked maybe 3 times total and they were always in the middle of the night. I think eating after about 7 or 8 is a mistake for me. Also, I have a lot of gas at night so sometimes my pouch will balloon and that may have been what caused the leaks too.

After trying every medicine under the sun with no success, I've been told my only remaining option is surgery. I'm not sure if we are talking total cholecystectomy or just resection. My question is – has anyone ever gone into remission with no meds needed by just having a resection? And for those who have had the j pouch surgery – are you happy with the results and are you still on meds? I've heard some people say they still have to go to the bathroom multiple times a day even with their j pouch and that they still have the same problems as before in terms of urgency, frequency and diarrhea? I am sorry I don't have the slightest idea about this. My only advice is, if you're going to do it, you might as well go with a sure bet in an ostomy rather than dink around with the j-pouch and just go on trying things out. A bag is really not terrible. It's so manageable I wish that others could try it out like I got to and see what a Godsend it's been. Good luck to you in whatever you do and I hope all goes well.

How is sex after surgery?

For me it was way better b/c before surgery I was so sick I didn't want anyone to even talk to me let alone touch me. After my body was feeling so much better, I got lucky a lot more often.

Do you have any regrets?

Don't know how I could.

What precautions must one take before the surgery?

I'd say try to be as active as you can be and a healthy weight. It's harder to recover if you are super sick going in.

Also, with the bag, what happens to “passing gas”? Well, as Peter mentioned there are filters on the bag. I have found them to be absolutely useless, but they do sell little valves called EZVENT I think that you stick on the pouch so you can vent it if it’s a one piece. If it’s a two piece, you just pull the seal and burp it like tupperware.

My question is the following: is it possible to participate in intense physical activity (hockey; running; even swimming? I’d say hold off on those things for a few months or talk to your doctor about it. I know that with my bum being stitched shut I wasn’t to submerge it in water for like 2 weeks or so. Doctor knows best on this one.

Since Kara’s been working hard on helping you understand life with a ileostomy, I thought that as the spouse, it was important that I weight in as well. The decision to get an ileostomy or a colectomy is a extremely personal decision. I say personal decision because as the spouse you have to support their decision. That’s not to say you don’t have input, you do, but the final decision is theirs.

I saw my job as there to make sure we talked about all the possibilities and provide another point of view. In Kara’s situation she was wrecked physically, mentally and emotionally and I felt that I needed to help her think straight and make informed decisions. In our case were fortunate as we both think the same way, which made the decision easier.

How did I feel about her decision... good. After 3 trips to the emergency room each time in worse condition, I knew we weren’t making any progress and that we needed to do something more drastic. She wasn’t the woman I married and the mother she had been. It’s hard to put into words how the

disease was killing her. She wanted so bad to be better but was angry constantly, in continuous pain and unable to function on a daily basis.

Life with the bag is wonderful. My wife is just about back to where she was before she got sick and is able to live life again. She's able to be a mother who can care for her kids and doesn't have as short of a temper. Our sex life is actually better than it was because she feels human. One other thing that I didn't see discussed very much above: mental health. This disease is as much mental as it is physical. Kara's is a very strong willed person, but she has a good counselor that has helped her a lot. This isn't something you can do on your own, use your families and professionals to help you get through it. There are also chronic disease support groups and even some UC/ Crohns specific support groups that are out there that can be extremely helpful. Don't try and go it alone.

****To read [Peter's \(a males\) responses](#) to the same questions, you can go to this page: www.ihaveuc.com/peters-answers-to-all-your-questions/