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How Idiopathic Juvenile Osteoporosis Will Not Ruin Your Life; Also How God Can Turn Your Pain to Joy: A Memoir

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Aubrey Podnar is a freshman nursing major from Akron, Ohio. She enjoys language and descriptive writing. Aubrey's interests include drawing, playing sand volleyball, and riding horses.

How
Idiopathic Juvenile Osteoporosis
Will Not Ruin
Your Life;
Also How God Can Turn
Your Pain to Joy:
A memoir

In the third grade I went to
The doctor's for an x-ray of
My lungs. They were looking
To improve my vocal cord
Dysfunction, but instead
Found two fractures in my
spine. My T7 and T8 vertebrae
Were misshapen. I was forbid
From playing any contact
Sports, which meant for me
No more soccer or horseback
Riding. As an active nine-year-
Old girl I was devastated to have
My favorite things taken away
From me. I was not allowed to
Participate in the normal gym
Class activities, for fear of further
Injuring my back. Self-esteem is
Crucial in a girl's adolescent years,
And mine plummeted after this

Revelation. I grew unsure of
Myself and doubted my self
Worth. From birth to my fifth
Birthday I had unwillingly
Succumbed to seven seizures,
And my vocal chord dysfunction
Made me wheeze like your average
Asthmatic. To top off the new
Knowledge that my spinal cord was
Missing pieces, I was transferring
Schools. Elementary school is crucial
For developing friendships, and I did
Not know a single soul at my new school.
I was the freak with the back brace.
However, I was not alone. There were
Other children who could not play
In gym class with everyone else either.
I showed up on my first day of gym time,
And I saw my future. I was no longer the
weird new girl with spine problems who
had to drink glasses
of milk at all of her meals, the child
Wearing the ugly
Beige back brace contraption, swallowing
pills the size of Texas. I was just
Another student in gym class, trying
To make it around the gym on the
Specially crafted tricycles. My new
Gym classmates were the occupants
Of the special needs classroom at the
End of the hall: as a third grader, they
Were already known as the weird kids.

Emotional turbulence, I learned that every
Person has a place in God's kingdom. We
All were created with purpose, and I
Wish to spread that message to the
Ill and broken people throughout
The world. I have a special place
In my heart for the mentally
Disabled, people who may believe
They are not worth much in
Today's chaotic society.

“But even the hairs of
Your head have all
Been numbered.

Fear not; you are
More valuable
Than many
Sparrows.”

Luke 12:7

I am a
Child
Of
God.

Psalm 139:13-14

“For you formed my inward parts; you knitted me together in my mother’s womb. I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.”