

# Getting older with Turner : change of life?

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# Growing up.....

- .Do not run away from your fears
- .Take a helping hand if you need it, and often we do!
- .Accept yourself, it is ok to be different

Everyone has.....



# Everyone has....

- At a certain age, it seems like all your friends, colleagues and brothers/sisters have everything : a nice husband, a wonderful career, a splendid house and a warm family. This is a moment you ask yourself :
- Why can't I have this?
- It makes you feel like a failure, it seems impossible, why does she have all this and I don't, everybody has everything and I have nothing,

# Dealing with men at an older age

- We are not the only ones!
- When you feel good about yourself, men will too
- Men in general do not bite
- Find your own way of communicating
- Men need to get to know you
- Do you know men?
- You have so much to give!



# Dealing with 'the others' ....

- Stop comparing yourself with others!
- Respect YOUR own accomplishments
- You get nothing for free
- Life does not come to you, you have to get it
- To give is to get
- Who does not try does not win



# Medical Care

- Difficult to organize, especially in the beginning
- Accept ‘chronic disease’
- Prevention (weight, exercise ...)
- Feel good is not always the same as healthy
- Knowledge : be your own expert
- Participation!
- Find a person you can relate to, even if it is not a ‘top’ expert on Turner syndrome

# JOB frustration?!

- Be honest with yourself, know yourself
- A job is not your whole life : hobbies!
- If your not in the right job, get advice!
- If your not in a good environment, look elsewhere!
- Study is one thing, a job is another one!
- Respect your abilities and limitations
- Go for the best, nothing is perfect



# End the good things!

- Often forgotten!
- Without Turner, no fantastic Turnerfriends
- Fighters, stubborn (but often necessary)
- We like to care for others, but do we care enough for ourselves?
- Chatterboxes!
- The meaning of life : friendship, love!

# Life (without Turner)!

Women with turner are good in music, acting,...

Turenr women are chatterboxes : have a get-together with friends ...

For every Turner, there is a future  
ahead !...

Thank you for  
being a nice  
audience !