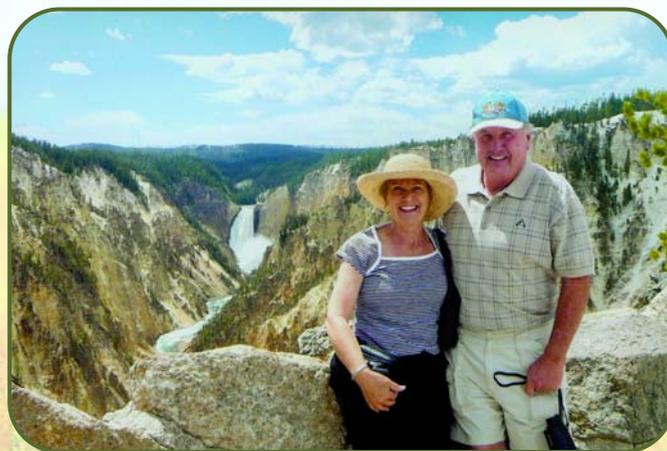


# From America to Traveling With IG Treatment

By Zachary Pugh

Nancy Hoffman dreamed of traveling to foreign lands where shimmering sunsets appear as a distant alien world across a warm green-beige canvas of silhouettes—à la National Geographic. She also dreamed of driving the crisscross highways of America in search of beauty and inspiration and the perfect place to sip a glass of wine.

Happily, Nancy's dreams, her vision of freedom, have become reality.



*Nancy and Moe bask in the sun in Yellowstone National Park*

Diagnosed with common variable immune deficiency (CVID) in 1995, Nancy, 64, successfully transitioned from eight years of intravenous immune globulin (IVIg) to subcutaneous immune globulin therapy (SCIg or SubQ). “[I] did IVIg for eight years, and now on SubQ for two,” she says. “I am still amazed after two years how incredibly good I feel, and what flexibility this gives me!”

Because of Nancy's new-found freedom, which she attributes to SubQ, traveling with treatment is no longer a hassle, and her self-administered IG treatment has given her the freedom to pursue her travels. “This process [SubQ] is so amazingly simple, and allows me the control over when and where I do my treatment. It gives me such incredible freedom.”

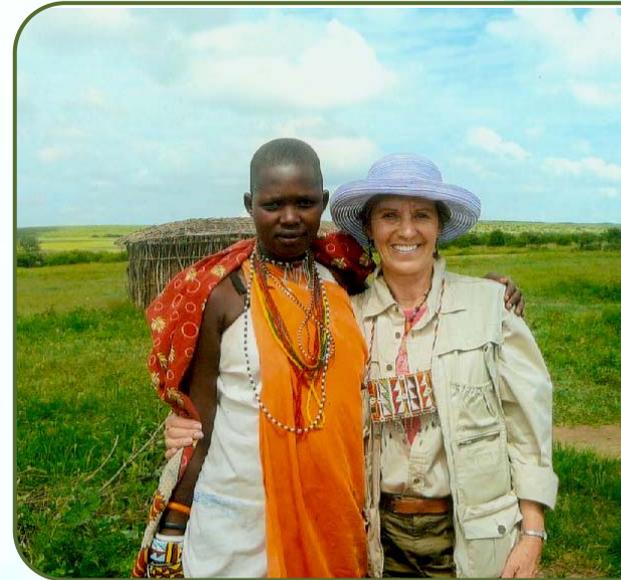
Just recently, with not a care in the world, Nancy and her husband, Moe, journeyed across America in their motor home. All the while, she was able to maintain her treatment schedule. “We toured 11 states ... saw five of the national parks, rode bikes in Colorado and attended the wonderful IDF conference in St. Louis for three days,” she says with a smile in her voice so enthusiastic that it's contagious. “I did my SubQ treatment each week ... and enjoyed the beautiful scenery, while my pump poured this wonderful juice into me!”

Nancy emphasizes that while it's easy and hassle-free, cleanliness while traveling with treatment is a must. “Of course cleanliness is important, and I was able to wash up in the bathroom, and use sanitizers to clean the kitchen table where I set it all up,” she says.

# Africa



*Nancy picnics with Baby Winnie at Nyumbani, the AIDS orphanage*



*Nancy befriends a Samburu tribeswoman*

Now, if you think that traveling across 11 states and biking in Colorado while maintaining a proper SubQ treatment schedule is freedom, try Africa. Yes, that's correct: the cradle of life.

This past January, Nancy had the incredible, purely life-altering opportunity to work and tour in the small town of Karen, a suburb of Nairobi, Kenya. "[I] worked at an AIDS orphanage sponsored by the Kenyan Children

Foundation, which is the group I was with," she says. "We had wonderful experiences with the children."

While in Kenya, Nancy also had a chance to take two amazing safaris, one in Samburu, a rather remote area located in northern Kenya, and another in Masai Mara. "I not only photographed the most beautiful animals," she says, "I also visited a Masai village and toured their huts, and talked with the women about their lives and mine."

Because Nancy is a globe-trotting, independent woman, she takes the advice of her healthcare provider very seriously. In preparation for her departure for Africa, her doctor had some very important and practical advice. "Dr. Riedl encouraged me to take malaria pills and an extra supply of antibiotics ... drink bottled water and [eat] cooked food, and go for it!" she says, adding that she also consulted with other patients who travel extensively with treatment.

With this trip to Africa behind her, and many more road and globe adventures to come, Nancy has some important advice for those who are apprehensive about traveling with treatment. "I believe SubQ is life changing," she says. "It gives us the opportunity to live our lives to the fullest and follow our dreams." ■



*On safari, Nancy spotted this lioness*