the adventures of G. wow
I’m G. Wow. That’s me. I know, it sounds like a circus. Really, my name is Gina Wow, but I like G. It has mystery, and it makes me seem older. I can’t wait to be older.

I want to be a writer; J.K. Rowling and Lloyd Alexander are my favorites. I love their books ’cause they write about adventures.

So, I live near Boise. That’s in Idaho. My mom is a nurse and when I grow up, I want to be a doctor, a dermatologist. That’s after I’m an Olympic swimmer and a jungle explorer.
Something else you should know about me:
ever since I was about 5, I’ve been able to hear other people’s thoughts. Sometimes it’s exciting, but you’d be amazed how boring most thoughts are. Still, it comes in handy every once in a while.

I like my “derm.” She says my psoriasis is a disease with no cure, but it has lots of treatments to help control it. I’ve tried three treatments. Two of them worked for a while, but then I got worse. This treatment is really helping. I hate putting this medicine on every evening, but it’s really working.
Here come my friends, the twins Roberta and Robert. They get the bus here with me. Roberta and I are on the swim team together. I once helped Robert when he was being teased for looking like his sister. I hate it when people tease because of how you look. Having psoriasis teaches you that.

**G:** Hi Roberta, I bet you have something to show me.

**ROBERTA:**
My mom bought me these cool new goggles last night.
Hey, how did you know?

**G:** I just guessed.
Our chariot has arrived.
We’re off!
I like sitting near my friends in math class. We help each other and trade stuff from our lunches.

G: It's 81.

MS. M: Oh, right. It is . . . wait, how'd you know I was thinking of 9 x 9?

Told you I could read people's thoughts.

G: I can't wait until tomorrow for the swim meet. It's going to be so much fun, and I love to race!

COACH GIL: Tomorrow's the first meet of the year at Kennedy School. I know you'll be nervous, that's OK. Stay together, support each other and swim hard.

G: Coach Gil, should we have fun so our nerves disappear?

COACH GIL: Uh, yes, I was going to . . . never mind, have a good race.
G: I'm swimming the 100 with you!

ROBERTA: That's so cool!
Oh, look, those two girls are the ones we swim against.

SWIMMER: She's gross!!
No way I'm going to get in a pool with her. I'll go tell coach.

Sometimes I just don't know how to handle the thoughts I hear.
G: My skin puts you off, huh? Well, I don’t like it either, but it’s not contagious, and there’s nothing I can do about it. It’s called psoriasis. My skin cells multiply faster than normal, and they just pile up. That’s all it is. I hope you can understand. It’s your choice: Forfeit because you’re scared, or realize my psoriasis won’t hurt you and swim against me. Oh, and one more thing: I plan to beat you.

ROBERTA: That was the best you’ve ever placed, G!

G: I know! I know! I know! Even if I did come in second, it feels great.
I love my life, even if I have one problem that won’t go away. I’ll always have psoriasis, and sometimes it’s worse than other times. But I work really hard to make sure it never stops me. There’s too much I want to do. In the long run, it’s easier for me to tell people about my psoriasis than to ignore the disease. If I ignore it, other people can exclude me or tease me. Besides, psoriasis is such a small part of who I am . . . it will never be all of me.

G: That’s all for now, I gotta run. There’s so much to explore in life, I wouldn’t want to miss out on a single thing. See you soon!

MORE INFORMATION

The National Psoriasis Foundation is the resource for complete information about psoriasis and psoriatic arthritis. Please contact us.

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