

Owen's Story

“The FABULUS study is fabulous!”



I had heard of the William Harvey Clinical research Centre on the radio, but had completely ignored that advertisement until my doctor talked to me about it. My doctor told me how the study would provide me much more care in the long run paired with close supervision by a whole medical team. I felt like I owed it to my wife and kids to take the time to take care of myself, so I decided to join the study even with the extra time commitment compared to if I continued treatment with my doctor.

To me, it is so much more important to get treated medically than it is to go to work. Yes, of course work is important — we need to be able to financially support ourselves. But in the end I cannot help anyone, including myself, if I become too sick to work. It is so much easier to spot and treat illness before it makes you start shutting down. If you happen to catch things early, you can nip it in the bud instead of letting it worsen until you cannot function.



Ultimately, by taking the time to pause and take care of yourself now, you could very well be saving your life or at least a copious amount of time down the road. Getting surgery now is saving me health concerns later on and measuring my blood pressure is ensuring that I know where my health is at and whether I do need to address something to improve. When I am taking care of myself, I am able to spend time with my family and I am well enough to go to work to support them, which is far more beneficial than putting off my health to attend one more day of work.

I was put into the aptly named FABULUS study and received an ablation (a surgeon used a laser to remove a tumor instead of snipping out my whole adrenal gland) in lieu of the current standard treatment of full surgery. I was instructed to monitor my blood pressure at home to see if the ablation was effective in treating my blood pressure.

It was amazing to do that for myself, this kind of care can be lifesaving and to have the accountability and access to checking my blood pressure was comforting. As a Black person, I am aware of how much of a concern high blood pressure is, especially within the Black community. I think it would be incredible if we spread more blood pressure screenings to the public. It does not even need to be in a hospital setting for this, we could even take people's blood pressure when they go to the barbershop, and it would be a chance for someone to make a little bit more money while saving lives in their community.