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**THE MOMENT
I VANISHED**

It all happened in
BIOL 2200, UBC.



On a Thursday
afternoon, I
was having my
syntax class,
as usual.





I didn't bring any stuff with me to the front.



It was chill at first.

But after standing for a while, I started to feel tired.



Then more tired.

Then even worse.



A really uncomfortable ripple rose from my stomach, then rapidly spread all over my body.





And finally, my vision started to VANISH.



I CAN'T SEE ANYMORE.

What should I do?

Am I blind forever?

Am I gonna die?

Would people joke about me
if I died in front of syntax?

Did anybody
notice my
situation?

Did the professor find out?

Would she think I'm not listening cuz I'm
not looking at her? ... but I can't see her ...

I really need to sit down.
I can't stand anymore.

... but I'm not able to
find the way to my seat.

I want to drink water.
There's also candy in my
backpack.

... but I left them at
seat, as well.



If someone can notice my
situation and give a helping
hand, I would do anything for
them. Anything.

Why would this happen at
all? I do have lower sugar
level than average, but I had
lunch right before this class.
If I survive from this, I
gotta figure out the cause.



I can feel the track of every drop of sweat.



I can hear my heart pumping.



I can feel how tight I'm grabbing the desk edge.



But I'm not able to make any sounds.

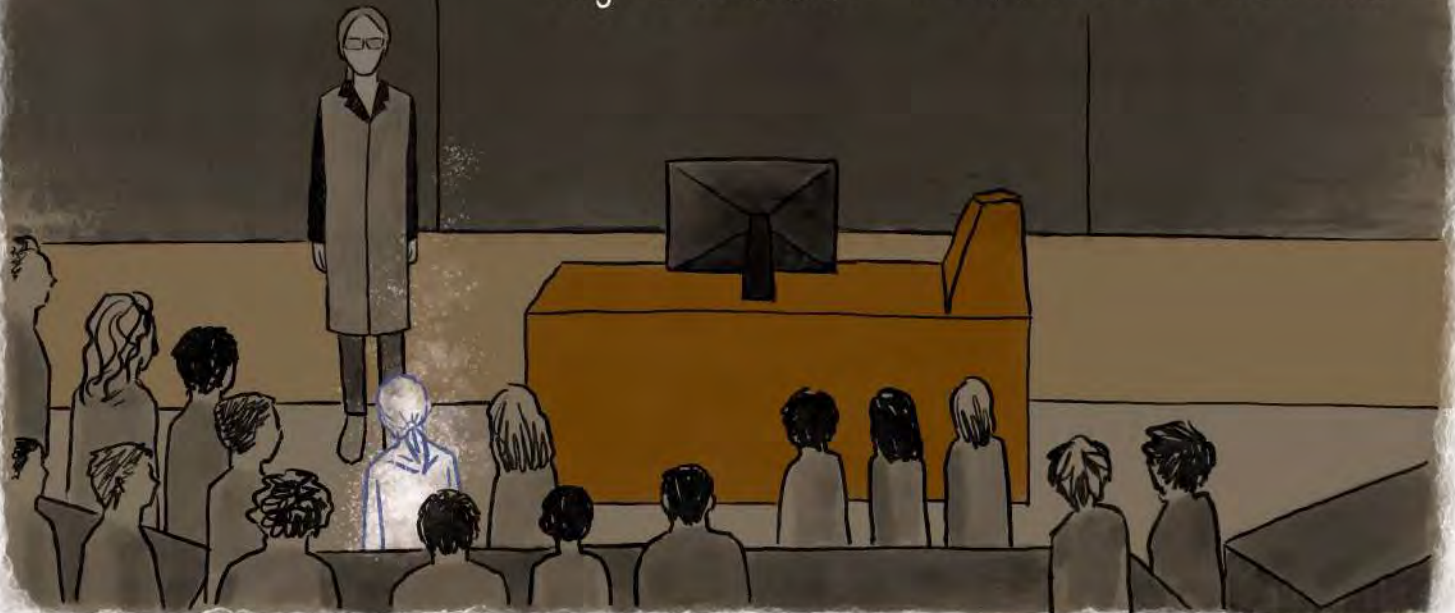


I'm not able to walk.



I turned from an agent to a patient.

It just feels like... I VANISHED from the world.

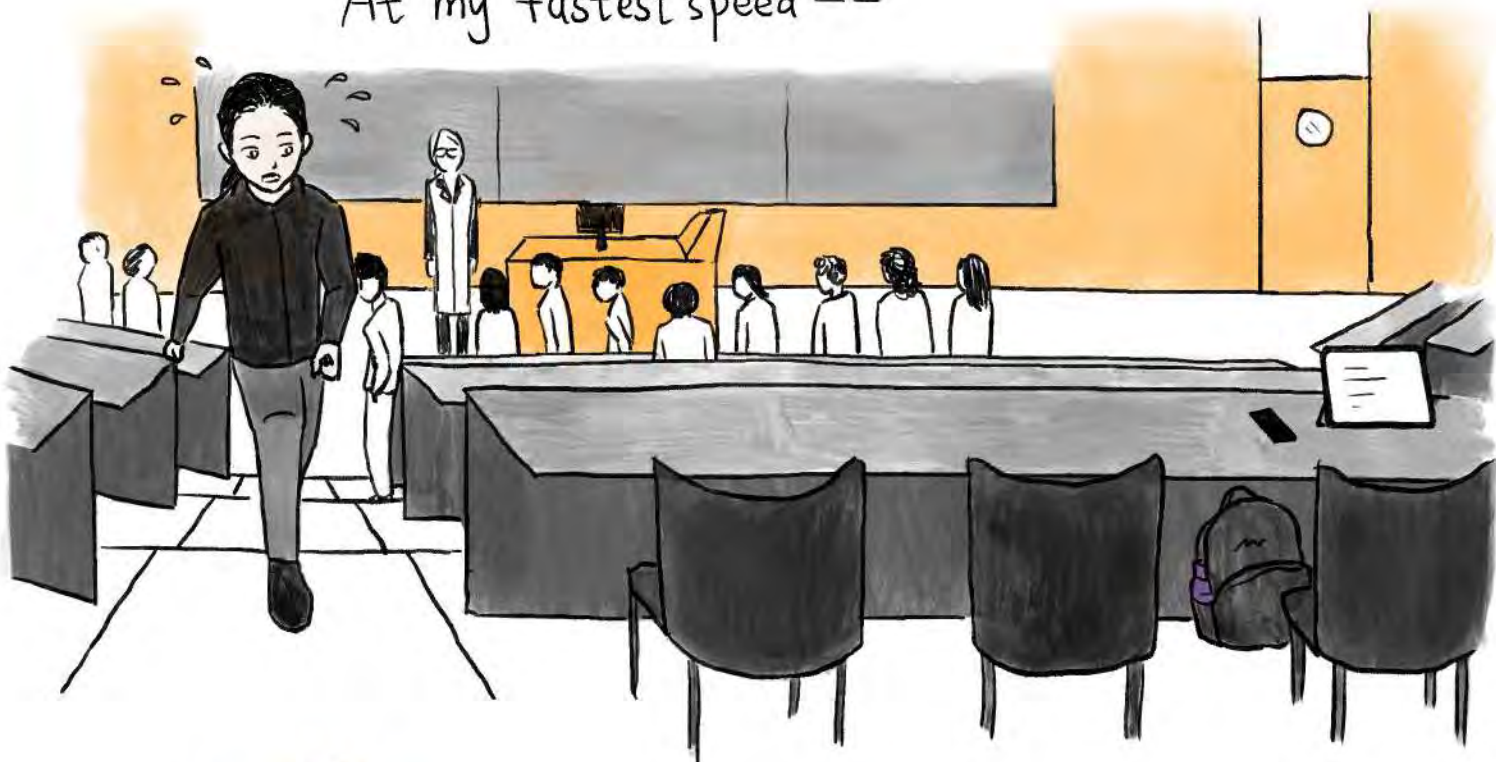


I tried to stand still and turn my head to where the professor's voice came from, to pretend I was "still there".

The darkness and hopelessness lasted for 20 minutes, then my vision finally started to recover.



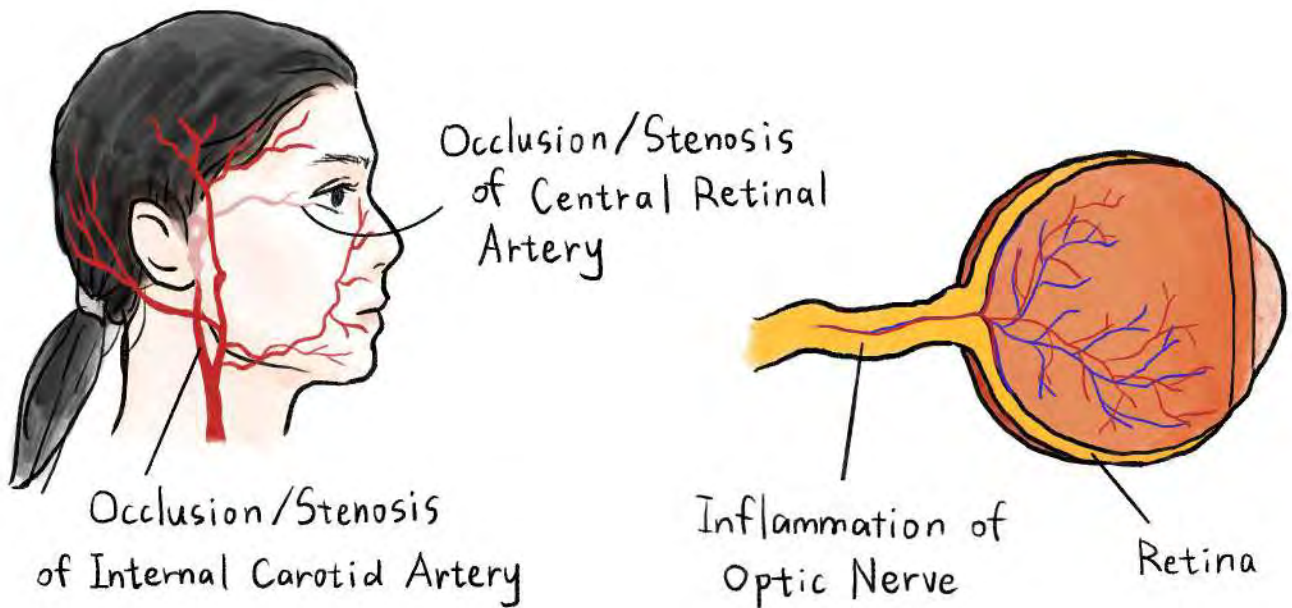
At my fastest speed --



I made it.
I didn't die.



After the class, I went online to figure out the reason behind my vision loss. There turned out to be a professional term for it, called **Amaurosis Fugax (AF)**. It's caused by a lack of blood flow to the retina:



Amaurosis fugax can be a sign of atherosclerotic disease and an increased risk of stroke. Hypoglycemia can contribute to AF as well. No matter whether this time's AF is due to hypoglycemia or not, it is a strong warning for me, telling me to take care of myself, and live a healthier life. I think it's also the case for everyone.

