



INTERNATIONAL AUTOIMMUNE  
ENCEPHALITIS SOCIETY

## The Cat and the Hat on Autoimmune Encephalitis:

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My Balance is off, it's hard to walk.  
My speech is slurred, I can not talk.  
Maybe I can't find a word...  
My Memory loss is quite absurd  
I think a thought and then...it's gone.  
It's hard to handle when things go wrong.  
At times I feel anxiety, I fret and worry endlessly.  
My daily life surprises me due to my faulty memory.  
Who did what and which was where?  
I do not know, I am not aware.  
Sometimes it is hard to care,  
Especially when I am in a flare!  
My vision blurs, my ears will ring,  
I think I may be hearing things,  
What I hear or what I see is similar to a fantasy,  
but as real as real can get for me.  
Urban Legend calls me a 'Nave'.  
I walk this walk, determined and brave.  
My spirit is might. My faith is True.  
I'll do my BEST. That's what I'll do!

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