

Aya Kito

- Background
 - ❖ Had 4 younger siblings ; 2 sisters, 2 brothers
 - ❖ Family owned tofu shop
 - ❖ Was great basketball player and class representative
 - ❖ Had boyfriend
 - ❖ Ordinary high school girl
- Signs of Disease
 - ❖ Lost some weight
 - ❖ Feeling weaker
 - ❖ Grades failing, can't focus easily
 - ❖ Fell without putting hand out in front > 2 stitches on chin
 - ❖ Walk unsteadily
 - ❖ Reaction is slow
- Going on With Life
 - ❖ Teased for symptoms
 - ❖ Wishing to trade bodies
 - ❖ Inability to control herself; can't keep from bumping into others or have to use hallway rail
 - ❖ Chokes on food when eating too fast
 - ❖ Laugh to herself for no reason
- The Second Fall
 - ❖ Fell while trying to keep up with boy sharing umbrella
 - ❖ Much blood came out
 - ❖ Lip was swollen
 - ❖ Lost 3 front teeth
 - ❖ Felt her illness worse than cancer
- Agony
 - ❖ Can't finish lunch
 - ❖ Has to have friends help while moving to classes
 - ❖ Picking fights with others
 - ❖ Crying softly
 - ❖ Burden to friends
 - ❖ Can't make loud noises
 - ❖ Body is stiffer

- Had Spinocerebellar Degeneration/ Atrophy
- Kept diary between 15 years old to 25
- Wanted to remember experiences
- “Just being alive is such a lovely and wonderful thing” – theme of diary
- Diary published to book 1 Litre of Tears