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Author's Note on Sources and Professional Assistance

The medical information contained in this memoir has been compiled from personal experience, extensive research, and consultation with qualified medical professionals. While every effort has been made to ensure accuracy, this book is intended for entertainment and educational purposes only and should not be considered a substitute for professional medical advice. The statistical data regarding NHS compensation awards and employment tribunal settlements has been derived from publicly available government sources and official publications. Specific case details have been anonymised where appropriate to protect individual privacy whilst illustrating systemic issues within healthcare and legal frameworks. Readers seeking information about medical conditions, treatment options, or legal remedies should consult qualified professionals in the relevant fields. The experiences described in this memoir, whilst factually accurate, represent one individual's journey through complex medical and legal systems and should not be considered representative of all such cases. The author wishes to acknowledge the invaluable assistance provided by various medical and legal professionals during both the events described and the preparation of this memoir. Particular recognition is due to:

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- **NHS Clinical Staff** who provided appropriate care when competent attention was finally received

The contrast between excellent medical care (when properly delivered) and negligent practice highlighted throughout this memoir demonstrates the importance of individual professional competence within healthcare systems, rather than representing a wholesale condemnation of NHS services or medical professionals generally.