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Subject: Fwd: MAX AND LUKE
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To:
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CW

This email is for friends and fam curious on how its been going with Sarah and Luke and Max. Please feel free to forward, and I'm sure I left out many as I am writing this is in a hurry. We've been very bad keeping you up to date...I'm sorry this is late, hopefully Sarah's website will be ready soon. In meantime, attached are a few recent pics, and here are links to download recent videos:

<http://wanderbook.com/lukemax/max.mov>
<http://wanderbook.com/lukemax/luke.mov>

Just a quick recap, both were born on Oct. 13, 1 minute apart at Good Samaritan Hospital in San Jose. The same place Sarah and her brother James was born. Except both Sarah and James were born a little late, if I recall (and certainly Michael), but Luke and Max were born a little early. That is, a lot early, I mean, way early. At 25 and half weeks early. Crazy early.

Today they are still more than 2 months premature and I just noticed on Twitter <https://twitter.com/hashtag/WorldPrematurityDay?src=tren> that today is World Prematurity Day.

There is little reason why these things happen, interesting however, I just ran across a study that says they are on the rise: <http://www.npr.org/sections/health-shots/2016/11/01/500250022/premature-births-rise-once-again-despite-efforts-to-prevent-them>

With twins, they are, as one can imagine, at a greater risk: <https://www.verywell.com/consequences-of-prematurity-2447313>

But Luke and Max are doing fine, as premature babies can go. A few weeks ago they had IV's (for lack of red blood cells) and surgery (to patch pin holes in their little hearts)... and the other vital organs were not quite developed for digesting food rapidly. But today they are taking breast milk rapidly and slowly but surely losing dependance on ventilation equipment for independent breathing. When will they be ready to leave? Not until at least their original due date, January 20th.

The staff at the Good Samaritan NICU are awesome. In fact awesome is not a great enough word for these people, they are performing miracles every day. Its not always a happy job I'm sure, but these people are pros. One told me she's been there for 32 years, and she made me believe it on the first day by answering all the hundreds of my questions without a pause.

Yes, premature babies have risk, but modern medical staff are doing miracles. I know our health system sucks, but the people who are doing the health work are not the prob. Though they haven't recreated the womb (a question I still ponder), they have recreated an incubated environment that works, and has proven preemies (born as early as 22 or 23 weeks) can live a normal life.

Amazing, but I just learned my cousin's husband's kin (who just came by to visit) has a story that back in the early 1900's they had a preemie that was raised in a shoebox by the fireplace...and lived a normal eventful life. Crazy, people tell you things, and I appreciate all these stories...for example I was in Texas a few weeks ago and had to apologize to a crowd that my presentation (on "Internet of Things") was not as polished as I wish it be. I explained why, and this led into medical machines and I related my anxiety seeing Microsoft Windows being on some of the life saving devices in the NICU. Everyone laughed. I then discuss the future of devices and what should be...After the talk, an engineer showed me pictures of his healthy 17 year old girl, who was also a very early preemie, and

engineer showed me pictures of his healthy 17 year old girl, who was also a very early preemie, and with tears in his eyes described his story of the experience.

Sarah: Doing very well and visiting the NICU many times a day as you can imagine (the father, Perry, has been very attentive and loving as well). As you can see in attached pics, Sarah is in very good health (and is filling our freezer with milk). The boys are both well over 2 pounds now...again I hope Sarah and I have the time to keep you all to date with a website. In meantime thank you for all your hopes and prayers.



