Recovery
The recovery process was quite difficult for my sister, especially the week following the surgery. However, as she slowly started to heal, my sister grew more energetic. In the meantime, she kept herself busy with activities such as painting or building toys out of legos.

Art Therapy
Working with legos, swimming, and playing the piano were activities my sister enjoyed while recovering. However, art was a hobby she especially enjoyed. From origami to painting, she explored the different methods of creativity.

Inspired by my sister, I wanted to create a special craft book for other children in similar situations as her.

Active Life
We are happy to say that my sister is fully recovered and leads a very active lifestyle. From receiving her black belt in Tae Kwon Do, taking on the cello, and even starting tennis, she has been enjoying many activities.

About abonecystjourney
abonecystjourney.com is a website that relays information, such as symptoms, causes, and treatment methods, regarding Aneurysmal Bone Cyst.

The website is catered towards adults and children. The two separate sections of the website articulate the technicalities of the disease differently to inform and engage both parents and young children.

We strive to not only offer information about the disease but also start a support group for patients. From craft sheets for patients to a walkthrough of my family's story, we hope to offer emotional support to families as well.

Read My Sister's Story
My sister has an article written about her story in a local newspaper. Read her story here:

Contact Us
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Aneurysmal Bone Cyst (ABC) is a rare bone disease that is most common in young children and adolescents. However, because of its rarity, there is a lack of accessible information regarding patient experiences and support groups for the disease. My younger sister was a patient of ABC, and my family had difficulty coping with the frustration and loneliness of battling this rare disease. Through this brochure, we hope to share my sister’s recovery journey and hopefully give strength and comfort to families experiencing a similar journey as ours.

**Diagnosis**

The journey started when my 7-year-old sister fractured her arm at a Tae Kwon Do, a Korean martial art, competition. After taking X-rays at the hospital, my sister was diagnosed with a bone cyst in her upper left arm. After taking an MRI, we were told my sister had an Aneurysmal Bone Cyst. My family was flustered when we heard she was diagnosed with a disease we had never heard of.

**Symptoms**

What especially surprised us was the fact that there were no apparent symptoms that had indicated my sister had ABC before the diagnosis. However, after her initial fracture, her arm was fractured very easily, causing numerous fractures in the following year.

The bone containing the arm was very fragile, similar to an eggshell, and would break through simple incidents such as bumping into a soft inflated jumpy house. Because of this, my sister had to be very cautious of her arm and led a sedentary lifestyle, halting her hobby of Tae Kwon Do and Physical Education at school.

**Treatment**

My sister was initially treated with a treatment called sclerotherapy, which is a method that utilizes a syringe to inject chemicals to heal the bone containing the ABC. After three separate treatments, the cyst was significantly reduced.

However, a few months later, my sister experienced another fracture and we found that the ABC had recurred to its original state. This time, curettage and bone grafting along with cryosurgery were used. These are more aggressive forms of treatment that removes the cyst while also utilizing liquid nitrogen to remove the remaining bone tissue.

(More information on treatment methods can be found on the website)

**Sedentary Hobby**

Because my sister was unable to do much physical activity during her recovery, playing the piano became one of her favorite hobbies. Despite numerous fractures and procedures, my sister accomplished her goal of participating in a local piano competition during her recovery journey. It was a very big milestone for her as it demonstrated her perseverance and determination amidst the difficulties she faced.