

“Expressions of Pain” Writing Competition

My Grandfather had knee arthritis and his stiff knee joints hurt badly whenever he got up and down from the chair, and especially when he climbs up and down the staircase. This affected him because it is his daily routine to go down to the coffee-shop every morning for *kopi*, yet he had to endure the pain each time he climbs the staircase. Being my tough old grandfather who was even once a *coolie* in the early days, he kept mum about his pain for so many years until my parents started to discover that his facial expressions showed pain whenever he came up from his seat after watching television. From then on, our whole family encouraged Grandfather to seek treatment from a specialist, which he did. Ever since Grandfather started taking his medications regularly as prescribed by the doctor, it has given him long-term relief from his pain significantly. Moreover, he has also taken up the *tai-chi* course at the community centre as a form of exercise for himself after learning that this may help reduce his joint pain and stiffness. Today, my Grandfather no longer has to endure the once agonising knee pain in his daily life. At his age of 83 this year, he still leads a healthy and happy life!