

Traveling with Cobalamin C

AN INTERVIEW WITH ADAM SETTLE

ABOUT ADAM

Adam is a 21-year-old from the Harrisburg suburbs of Pennsylvania. Adam comes from a big family, and despite being the youngest, he is the only one to have been diagnosed with Cobalamin C deficiency. Adam was fortunate to be one of the first children diagnosed through the state's newborn screening program. Despite his being legally blind, and having Cobalamin C, those who know Adam would describe him as outgoing, compassionate, adventurous, and determined.

In the book about Adam's life - No Day Wasted, the Adam Settle Story his mom summed him up in a way I think fits Adam perfectly.

"With his desire to be normal, to overcome, to not be hampered by his medical condition, Adam wanted to try everything. He got hurt along the way, but that did not slow him down. No matter how many bumps or bruises Adam endured, he quickly bounced back, ready for the next new experience.... God made it very clear to me Adam was not to be boxed up or bubbled up. He is here for a purpose, and we need to let him go."

This drive and desire to be normal and to overcome is shown in all aspects of his life, especially in his desire to travel. In Adam's book, you read a lot about the adventures he has been on with his family - Canada, Cambodia, Africa, Italy, Florida, Dubai - he is quite the traveler! Recently though Adam took his first solo trip to Indiana, so we sat down with him to catch up.

Prior to your trip did you have any worries about traveling alone?

Yes! I've always had someone with me and this time there was not my family to depend on. I was very worried about how I was going to get my B12 shot, since my vision doesn't allow me to fill the syringe and I don't feel comfortable (also because of my vision) giving myself the shot. My dad is typically the one who fills the syringe and gives it to me.



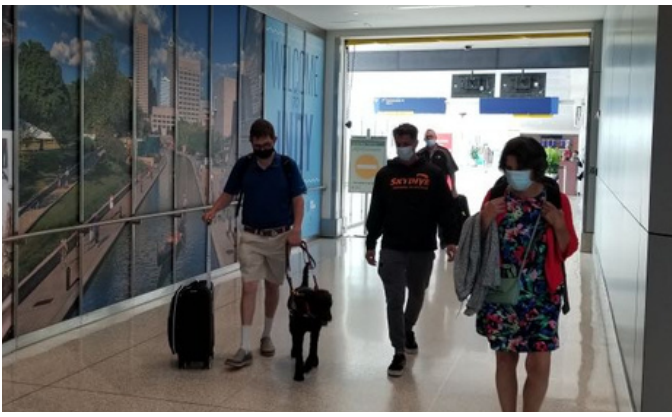
Since you are traveling alone now, how does that change how you plan and prepare for your trip?

My parents helped me make sure I have all my medication ready to go. My dad prefilled the syringes of my B12 for the trip, typically the syringes are not prefilled and the B12, syringes and plunger are all packed separately, but in the same bag. Once all my meds are packed, they go into my backpack that I carry on with me. This makes it easier if they need to look at my medications.

Your bags are packed, you're ready to go and now you are at the airport. Talk to me about navigating the airport - what tools are helpful and what assistance from people do you need.

I use an app called [Aira](#). Unfortunately, the Indianapolis airport is not partnered with them, and I didn't have the paid version, which would have let me have full access at this airport.

I almost got turned around in the airport. After I got Security, I asked them where to go and they told me to go left and take the stairs. I had my backpack on, my dog in my left hand, and my luggage in my right and started down the stairs - but the stairs had two sets down (with a platform in between). When I got to the platform, I had to ask someone else if they knew where I should go. I ended up using the free version of Aira which gave me about 5 minutes which got me close to my gate. I then was able to ask someone who worked at the airport where my gate was, and I was only a couple gates down from where I should be.



Coming back through the airport at Indianapolis, my friend's husband was able to get a pass at the luggage check area to come through security with me and help me get to my gate. I realized after we got to the gate, it was the same gate I came in on. If I would have known that it would have made it easier for me to navigate on my own since I had already been there.

How do you handle your medication needs once at your site, specifically your injections? Did you have any unanticipated obstacles?

I was lucky this time around that the friend I was visiting is a veterinarian and she could give me my shot. If she didn't, I would have needed to find someone or someplace that could. Everything went very smooth when I was visiting them.



What are your future plans for travel?

This October, I'm going overseas with my dad. I would never go by myself overseas - I'd either go with my dad or with a team of people. There is a lot more to navigate overseas with the cultural and language differences.

I'll be going back to Indianapolis in September by myself and going to Houston. When I go to Houston, I will need to get my syringes prefilled again - either by my dad or a pharmacy and I will need to find a clinic or pharmacy that can administer them to me.

Would you change anything in your future travels?

In the future I plan to upgrade to the full version of Aira so it's easier to navigate other airports. People were so friendly at both airports that I will likely be even more comfortable to ask others to help me if I need assistance.



How can people follow your adventures?

They can check out my website:

- <https://adamsettle.wordpress.com/>

Or follow me on instagram:

- @adamrobertsettle
- @adam_art__settle