



My name is John Elliott. I am a medical doctor from Sydney.

I am dying of Multiple Myeloma.

Because of my illness I have come to Zurich in Switzerland to use the service of the dying with dignity organization Dignitas.

I have made this trip half way around the world to try and achieve control in my passing. My disease has dictated that I will soon die. I will die in pain. Worst than this though, I will have no dignity in death.

I do not want my wife Angelika to see me this way. I have been a burden on her for too long already. Just as in my life as I have been an independent and capable person, so I want the same in my death.

I want to exit this world with my head held high.

My decision to come to Dignitas is mine alone. I am not depressed. As one who is medically trained I know depression and this is not me. I am not even sad.

Rather I am here in Zurich because it is the only legal option available to me as an Australian citizen. I have always been law-abiding and in dying I would not want to place others at risk of breaking the law.

I especially would not want wish Dr Philip Nitschke and his organization Exit International any sort of legal trouble. Without the support offered from Philip and Exit I would never have been able to make this trip.

For this I am extremely grateful.

So at 9am on Thursday 25 January 2007 – 2 months short of my 80th birthday – I will die by drinking the lethal drug Nembutal. My wife will be with me.

I am sharing my story in the hope that others may not have to endure what I have endured in coming to Switzerland, as grateful as I am to this country for making my death possible.

I am sharing my story to help our politicians understand why people must be allowed control and responsibility in dying, just like they had in living.

My life My choice.

Good bye.

Dr John Elliot
Fellow, Royal Society of Health