

## First GP Visit

I went to see my GP today and gave her the letter as provided by the SHO from A&E.

She didn't ask much to be honest, but I told her which vertebrae I was told were affected on the x-ray. She felt my neck and shoulders to ask where the pain was - I think I've far past the stage of it the pain being in one localised area to be honest.

She wrote an urgent request for an MRI scan of my c-spine whilst I was there; no idea on the timescale of when this will be though. She said she would have it faxed to them ASAP. I told her about the various pains, her biggest concern was that I had not seen her about it before, and I told her why this was.

I honed on about my ribs for a while and she prescribed me Naproxen (an NSAID), I know that they are not going to take the pain away from them, but hopefully it will help with my neck. Currently I'm in limbo of whether or not to go private for a rib and full spine MRI?...

I was given the impression she had read up on KFS - as she told me KFS affects the vertebrae not the ribs. She also asked me if I had read about it - I'm guessing at this point I've read a whole lot more then she has.

So this is where I am right now, beginning the wait for my MRI, I guess after that, with the results a more detailed care plan will be made - I hope. The muscles in my arms and nerves have taken a hit in recent days and it's a nightmare trying to relax them. Between the pins and needles, uncontrollable moments of shaking and the pain in my arms I don't know what to do for them...

The pain is more manageable then last week, and I'm lucid most of the time now. I have brief bouts of drowsiness but they don't last long thank god. There's an incredible pressure in my neck like its being forced down - I sprayed Deep Freeze on it and it has had some success.

Trying to use more alternate medicine again now that I am coping better, Deep Freeze, Voltarol, ice packs and gentle massage are keeping me sane.