

Realisations and Update

After finally telling everybody (my family, friends, boss etc.), I was hit with a very painful day. I should mention when I'm in that much pain I lose most rationality and my brain goes haywire. I started making realisations and coming to conclusions I really did not want to accept but life is life and sometimes you just have to, what more can I say.

The day after my flare up I was set to start making my memories for if and when the time comes to when I can't. So I was off on a 2 day break to see a whole load of attractions and do things I couldn't remember doing like going to the circus and building a sandcastle on the beach. The 2 hour outdoor swim was pushing it I know but it was somehow worth it when I later drugged up anyway. It was a great break away after that mentally exhausting day.

When I got back, I went to see a private GP who was appreciative of me taking information about KFS along with me as he openly admitted he knew nothing about it. He agreed to a full spinal MRI. He was unsure about the benefits of a Neck collar/brace because of the latest evidence etc. but I am going to discuss that with him again because some days it really is just too painful to support my head any longer. His opinion was I should be referred to a spinal specialist, but he wanted to know what my NHS GP would say and of course the results when they come through.

My NHS GP evidently I need to change, she referred me to physio but beyond that she had no long term care plan for me, rubbish communication and quite frankly no understanding at all. I think she feels a bit out of her depth with me and as much as she can try shove me off with various drugs she would be happy to do that. But I'm 21 and if there's something that can slow the degeneration or help the herniated discs to repair - I'm all for it, doing nothing about it isn't really a valid option at this point, I am supposed to be going back to University in September.

My lumbar spine has been playing up these past two weeks so I have pain at both ends but I'm not holding out on the painkillers anymore so it's manageable most of the time. I've lost count of how many boxes I have gone through but I don't particularly care anymore so long as it is in therapeutic dosage range and the pain does not floor me. I'm still using gels and sprays too - whilst I remember Deep Freeze gel is the best thing ever!!!