

Guests, we need your input!

Posted by gmak - 08 Oct 2012 13:17

I see alot of guests each time i log on. Please We NEED your input. PLEASE JOIN So that we all can benefit from your stories and questions. Every site needs new blood, new ideas! Please know that we welcome your input. It is extremely valuable.

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Re: Guests, we need your input!

Posted by gmak - 18 Feb 2013 16:22

Thank you rst, Great! Reading it now. Doing better with all neuropathy symptoms. Tell me about yourself please?

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Re: Guests, we need your input!

Posted by helen - 19 Feb 2013 13:42

Hi All

I'm not coping with my attacks as they are so frequent and horrific. I feel really strange and am very very distressed after them. My husband doesn't know how to deal with me! The cramps are inside my lumbar spine, outer and inner chest wall, neck/throat, face and head muscles. My brow is pulled down and my eyes into my skull. My legs feel crushed and my skin tightens all over my body. The attacks last between 24 and 48 hours. My worst to date was three and a half days.

If I move around a little, an attack follows shortly after.

Any advise on coping strategies would be helpful.

Thanks Helen

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Re: Guests, we need your input!

Posted by gmak - 04 Mar 2013 03:30

Hi helen, Im sorry to have lost touch. And im so very sorry for the attacks! My eyes/ vision

are/ is really messed up tonight & im struggling to see what i type to you (pain meds or lyrica maybe?)
My head aches. I miss you & will try to write more tomorrow, have loads to tell you. Praying for you still
helen & i do have coping strategies that may help. Will share manana I know & understand about husbs
that get so frustrated bc they cant help, see us lie about & mine gets grouchy. Hang on, dear one, winter
will be over soon! Gmak p.s. i hope that you get this message

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