any suggestions please!!

Posted by Ginnie - 06 Sep 2007 22:41

HI ,I'm sure the question I'm going to ask has been asked by a lot of you!Where do I look for a Doctor who will aknowledge AA ?I was diagnosed in 91 and so far have managed to cope with just seeing my GP.Because I have Fibromyalgia too,he will discuss treatment for that,but as far as the AA goes,both he and the practice nurses just won't talk about it.This last year has been particularly difficult because of the pain and strange sensations in my feet and legs and also the incontinence with Bowels and Bladder that I keep experiencing.I've shown my Doctor the paper by Dr Sarah and when I went to see him about it he just said that I must keep my possitive attitude but that it was obvious that nothing else could be done.I've never actually seen anyone about my AA and when I suggested that I'd really like to see someone,I was told that "theres no point"!

As I said up to now I've been able to keep possitive,with the help of my lovely hubby,but lately I've not been sleeping and am sooo tired(I know it's all part of it) but with my feet etcgetting worse by the month I just want to be reassured that all these things are part of the AA .I hope I haven't ranted too much,but I really feel so aalone with this lately and can feel myself getting really down,which I've been able to snap out of in the past.So please any suggestions as to where I can go from here would be really welcome.

Thanks a lot,take care,Ginnie ☺

Re:any suggestions please!!

Posted by Kim - 07 Sep 2007 00:24

Hi Ginnie

DocSarah won't thank me for this reply, so please this is soley my view.

Why bother about a Doc who understand AA? They can't do anything more for you than a Doc who understand Fibromyalgia. The treatment is exactly the same for both conditions. So if you have medication for that it will be treating the AA symptoms as well!!! Why? Simply because Fibromyalgia can be said to be caused by your own body - not his fault - OK. AA on the otherhand is almost 100% Doctor induced - caused by the medical profession. You and your condition (AA) are a medical embarassment to all of them, they don't want to acknowledge the condition exists because that would fly in the face of their creed "First do no harm"

Now having got that of my chest: Bladder and Bowel problems. Try listening to your own body. It's what happened to me. I use to get an increased pain in my foot and would then try to use 'distraction therapy.' Getting up to do something else, I would always go to the loo first, and hey the pain would subside. Now for a long time I thought it was because of using distraction therapy but a chance chat with DocSarah years ago told me there was a physiological reason for this. A distended bladder would be pressing on the already damaged nerve. This works well during the day but come evening, there' no chance as the pain level is too high then anyway. There are operations that can help but when is was referred the specialist said only 25% success rate for bladder and could make you worse! I said I would wait until he got his numbers up! Bowel, well I did have a small operation for that and it has helped but not cured.

About seeing someone else about AA? He's right get treatment for your symptoms and reassurance elsewhere.

As for keeping positive, I always suggest you can have one day a month to feal really miserable (Ann calls them Pity days). Save them up and get yourself a whole weekend:sick:

Tired? Fatigue try:

www.theaword.org/index.php?option=com_co...00&amp;Itemid=41

DocSarah found it a big problem herself and members.

Coping Skills:

www.theaword.org/index.php?option=com_co...75&amp;Itemid=41

Good too. All these articles are about real people feeling pretty much how you do. Doc is doing this questionnaire to find out more and has asked if people think it is progressive. I personally don't think so - just you cope less well as you get older.

If I haven't covered everything - get back to me - I will always find you a link on the site.

Bye for now

Kim

P.S. I can't post every day but going thru' a 'purple patch' at the moment and there are things I want to change on the website - for the better:cheer: ☺

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Re:any suggestions please!!

Posted by Ginnie - 07 Sep 2007 07:05

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Hi Kim,thanks for your reply ,everything you say makes sense,I know.As for Blue days,I do those too.In 2002 I had a pretty bad Stroke and lost use of my right side and my speech.I've worked pretty hard to get my speech back to "normal"!but when my fatigue is really bad I start saying words back to front,which my daughter says is quite imressive.These are my Blue days and Hubby and friends accept this and know to just let me be.Thanks again ,I hope your present Blue period passes quickly and hope I can contribute to the group as well as have the occasional moan!Take care,Ginnie

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