

The Lyme Log

Part 1: Information Given to Doctors

Personal History:

Never Had	Always Had
Traumatic injuries	Gilbert's disease
Broken bones	Type III Acromion
Depression	
Anxiety	
Suffered mental, physical or emotional abuse	
A hospital stay	
Surgery	

I have no blood relatives with any abnormal health problems. My father's brother has Psoriasis and shingles and my mother's sister had breast cancer. Other than that, family members have lived long, healthy lives.

Activities:

Activity	Participation
Horseback riding	1988-2002
Piano	1987-1998
Archery	1995-2001
Running	1994-2001
Weight-lifting (gym workout)	1997-2005

The Pain:

What is your major symptom?

Pain all over my body.

Typically, pain is in the shoulders and neck and “travels” down both arms with stinging or constant ache in one or both of the biceps, triceps or forearms. I have pain on the front of my shoulder frequently. I have difficulty holding my arms up/out and sustaining a reach for an extended period of time. I will get stabbing pain that goes away in at least 24 hours in any one of my fingers or wrists. Pain sometimes centers on about where my bra strap is but will “spread” all around the back. Since September 2006, I have had very localized pain at the base of my spine - or what feels like the base of

my spine.

I can have pain in my sides that hurts when I touch my skin and even clothing hurts against it. I often get pain in my lower ribcage and occasionally in my sternum. Sometimes it hurts to breathe or I will have a stabbing pain that is so intense in my lungs I will just hold my breath until it goes away or I feel like I am going to pass out.

I have always had pain in my right knee, I am not sure if that is related or just the way I sit (leg curled under me). I get pain in the front of my lower leg, right in the middle of the bone. Sometimes it feels as if someone has taken a crowbar and hit me right there. There is a dull pain in the center of both my thighs.

I have pain in my hips and buttocks that normally comes quickly and goes away. I tend to get a sharp pain behind the knees, as if someone took a knife and cut a straight line behind them. Again, this pain tends to come on quickly and won't last for more than a hour or so.

More occasionally, I have pain on the tops of my feet and jaw. Since December 2007, I have been getting headaches that either are annoying (last about 1 week) or make it so it is impossible to move my head without severe pain, dizziness and sensitivity to light. (lasts about a day - I have been told these are not migraines as a migraine would be debilitating.)

Can you tell me what hurts?

Mostly it's in soft tissues and tendons, not in any joints though it feels as if it is around the joints. It moves throughout the body but lingers in my forearms, upper-back, upper-legs, fingers and chest. Nothing is consistent. The pain is not centralized and I cannot pinpoint on exact spot that hurts or where an injury might be. Places that hurt one day, might not hurt the next day.

Can you describe how the pain feels?

The pain is dull, achy, stabbing and/or grinding. It ranges from stiffness, or annoying pain I refer to as "board line" pain. It can be severe enough to make me nauseous and prevent me from normal functions.

Can anything help reduce the pain or make it go away?

I found a shower can reduce a lot of the pain for between 20 minutes to 4 hours. Heating pads typical do not work. I find no correlation between my activities and pain or pain reduction. On average, any physical activity will cause wide-spread pain but there are times when this is not true. Since winter 2006, I have had more cases of pain after a walk or mild physical activity.

Are you ever tired?

When in pain for a few hours I do have fatigue or exhaustion that can be both physical and mental. I am more absent minded or unable to retain information after a conversation. Eating, sitting down or doing something physical does not help. I just "stare". I have limited my personal activities because I get to tired to go out with friends. I do have moments of dizziness which I attribute to being clumsy, and headaches.

Conversely, I have times when I can engage in normal activities and suffer no adverse reactions. Sometimes, the pain can be delayed and "hit me" all at once later in the day or a few days later.