

## My Story

Posted by suespoems - 22 Apr 2007 20:18

---

=====

## Re:Sue's Story

Posted by suespoems - 23 Apr 2007 01:09

---

=====

## Re:Sue's Story

Posted by helen - 25 Apr 2007 01:35

---

Hi Sue

Your story is similar to mine and many others. In a nutshell, we have disc problems - get referred for epidural steroids - no warnings - end up in a far worse mess and all the time we are worrying about being off work and employers! I now think discs are no different to any other part of our anatomy - given time they heal themselves - they may take a long time and you'll probably need some physio to get back to normal. Doctors might just as well offer epidural steroids for a broken leg - if you get my drift - for all the good they do 🍌

Best wishes, Helen

=====

## Re:My Story

Posted by suespoems - 25 Apr 2007 03:35

---

=====

## Re:Sue's Story

Posted by helen - 25 Apr 2007 04:14

---

Hi Sue

---

I was shocked to read your discs haven't healed in all this time. When I saw a neuro surgeon a few years ago he told me they could replace discs and he assured me that when mine wore out that would be an option. Obviously I would be extremely cautious about having surgery. I assume Doc Sara didn't think you should be referred to any other consultants?

You are having to deal with not only the pain from arachnoiditis, but also pain from the constant pressure of prolapsed discs. I wonder if anyone else has similar problems to you and could suggest a way forward.

Take care, Helen

=====

## Re:My Story

Posted by suespoems - 25 Apr 2007 04:47

---

=====