

# Re: Strange Headaches, Previous Doctors Stumped

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*Source:* <http://sci.tech-archive.net/Archive/sci.med.cardiology/2005-06/msg00809.html>

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- *From:* [jason@xxxxxxxxxx](mailto:jason@xxxxxxxxxx) (Jason)
  - *Date:* Sun, 19 Jun 2005 08:36:20 -0700
- 

In article <42B55622.9C10401E@xxxxxxxxxxxxxxxx>, cardiologist2@xxxxxxxxxxxxxxxx wrote:

> googlemike@xxxxxxxxxx wrote:

>>

>> One year ago or more, I was working late at the office when it all  
>> began. I have a stressful job as a systems operations director and  
>> sometimes as a programmer. I am a conscientious person, so I tend to  
>> work long hours with the job. Meanwhile, I have stresses regarding some  
>> problems regarding some serious settling/structural faults on my house  
>> that have cost a large sum of money and continue to cost me. Now in my  
>> life, I can say that I have had far more stress before -- this is  
>> nothing compared to what it used to be for me. I'm 38 and a couple  
>> times in my life I have been under far, far more stress without these  
>> symptoms.

>>

>> Anyway, I was typing away. I have two huge computer monitors where I do  
>> my work. They're over 21", but by how much I do not know. One day while  
>> working on code, my left eye had a sudden, painful popping sensation,  
>> followed by a sharp headache above my nose and behind my eye. My vision  
>> in that eye went extremely blurry, but then it cleared up within about  
>> 6 deep breaths as I told myself not to overreact about it. I asked a  
>> friend for an aspirin and I felt like I just might have to go home, but  
>> I did not. I was very worried about what happened, but found I could  
>> function again. Such an incident with my eyes had never happened to me  
>> before. I have 20/20 vision and have never had a need for glasses. You  
>> might also want to know what kind of physical shape I'm in -- excellent  
>> condition, with good weight control and no signs of blood pressure  
>> issues. I do have a good bit of asthma and allergies, though, and can  
>> smell almost anything, such as someone putting on makeup from across  
>> 200 feet!

>>

>> The pain was sort of still there, but ignored. I went home and found  
>> something unusual happening when I went to church on Sunday. I yawned  
>> in church during prayer and my face contorted as I tried to hide the  
>> fact that I had this obnoxious yawn coming on. (I was taught not to  
>> yawn during prayer.) So it was one of those yawns you kind of hide by  
>> doing it through your nose. Suddenly, I found I could trigger the

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>> headache again, and it hurt! It was also in the same place, as if  
>> someone had thrown an axe at my head, between the eyes, but on my left  
>> side. (That would be your right side if looking at me.)  
>>  
>> I found that if I didn't make the facial expression, the pain went away  
>> slightly. If I made the facial expression, the pain came back. The  
>> harder I made that facial expression, the harder the pain.  
>>  
>> So I occasionally started taking Nyquil capsules for the sinuses and to  
>> knock me out at night. I also take Allegra for allergies and some disc  
>> thing and Ventolin inhaler for my asthma. I started taking Naproxen  
>> during the day because it would sometimes help, but I had no prior  
>> history of frequently taking headache medicine.  
>>  
>> I found that most nights, my headaches would come on. By morning, it  
>> was really, really bad and I continued to be groggy. I found that the  
>> pain was always in the same place and it was now starting to feel as if  
>> someone had scooped up a piece out of my brain -- it had a hollow  
>> feeling on the left side.  
>>  
>> At work, some obvious symptoms started to happen. I found while  
>> speaking to others that I suddenly slurred my speech. I also found that  
>> my left eyelid started to flutter involuntarily. Meanwhile, the  
>> headache was right there. I also found that trying to remembers  
>> something or make a serious decision on something would cause me to  
>> induce the headache. Some days, I had serious work and discussion to do  
>> and I had to make decisions and give out orders. While this occurred,  
>> my symptoms were embarrassing to me and I had to apologize ahead of time  
>> about what was going on. They said that I need to just quit for the day  
>> and go see a doctor.  
>>  
>> The first doctor, my private family doctor, first gave me some strong  
>> Naproxen as well as some depression medicine, but didn't tell me it was  
>> depression medicine. Luckily, my pharmacist asked me if I knew this was  
>> depression medicine and that, once taking it, I cannot stop unless I am  
>> weened off of it. Hearing that, I was angry and refused. I refuse to  
>> take depression medicine. My sister had that and it caused all kinds of  
>> bad side effects. I also refused because I was not depressed.  
>>  
>> I went back to my family doctor for a second opinion. He said it might  
>> be related to my eye, but I doubted him. I insisted on a third guess  
>> and so he sent me to a neurologist and a brain scan. The brain scan  
>> came back perfect. The neurologist suggested hot/cold and ultrasound  
>> therapy on my neck and suggested that it might be related to either  
>> stress or the nerves in my jaw. He then referred me to physical  
>> therapy, who sort of countered his suggestion and thought it was all  
>> neck related. The PT was also a chiropractor, so perhaps he had a bias  
>> there.  
>>  
>> The hot/cold and ultrasound therapy was having some effect. I found my  
>> vision blurry after the treatment for a few minutes, but I felt

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>> slightly better.  
>>  
>> Then, suddenly while leaving my office to get in my car, I felt a  
>> sharp, needle-like pain in the right side of my face. This was followed  
>> by the same pain in my left arm. I looked in the mirror to see if I had  
>> formed a welt or something, but nothing there. I looked around for a  
>> bug, like a biting fly or mosquito, but found nothing. I thought it was  
>> kind of electric.  
>>  
>> I went back to the PT and asked if he could give me a back alignment  
>> and work heavily on my neck. He started this therapy and suddenly  
>> something changed. When he cracked my neck to the left and right, he  
>> would make the pain suddenly vanish! It was a tremendous relief. I  
>> found that this would make the pain go away 90% for about 2 days before  
>> I would need this help again.  
>>  
>> I went back to the chiropractor many times but then on a couple  
>> occasions, instead of making it better, he made it worse.  
>>  
>> So, I went back to the family doctor, who was annoyed by all this and  
>> felt it was all stress-related, and he reluctantly said he would refer  
>> me to a neurosurgeon.  
>>  
>> When I visited the neurosurgeon, he was extremely rude. First, he held  
>> me up in my appointment for 45 minutes, even though he had no patients  
>> but me at that moment. When I finally got to meet him, he looked at the  
>> brain scans and X-rays rapidly, put them down, read my medical records,  
>> and said, "Frankly, I'm upset that you have come to see me and that you  
>> are wasting my time. It appears you might be doctor shopping." I had no  
>> previous history of doctor shopping, so I was very upset over this. My  
>> wife was there and he went on a tirade to both of us, suggesting that I  
>> had a perfect neck, a perfect brain scan, no physical neurological  
>> symptoms that he could see at that moment, and insisted that this was  
>> all stress-related. He suggested a psychologist and I rebuffed that. He  
>> then became insistent on that and even raised his voice. I asked for a  
>> thorough examination and not just a rapid glance. He refused. He then  
>> even suggested that perhaps I have many stresses on my life, or that  
>> even that my wife was not giving me enough sex! Now this suddenly made  
>> her angry with him, joining my side instead of being perplexed by his  
>> tirades.  
>>  
>> Finally, I convinced the neurosurgeon to give me a thorough  
>> examination. He did it in a very angry mood and said that I will have  
>> to pay whatever he charges for this. I said that would be fine, but he  
>> kind of laughed at that. He asked me for all my symptoms, but did not  
>> write them down. He then took about 15 minutes with a magnifying glass  
>> and bright light boxes, peering over my scans and Xrays. He asked me to  
>> do touch tests, walking tests, neck turn tests, repeat phrases that he  
>> said, eye tests, sound tests, etc. I cannot remember all the tests, but  
>> they were simplistic in nature -- no blood tests or anything like that.  
>> In the end, he harrumphed and said that the only symptom I have is very

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>> tight neck muscles. He said I was not dealing with my stress and again  
>> insisted on a psychologist. I told him no, but he refused. In front of  
>> me, he told his scheduling person to call over to his preferred  
>> psychologist right away and arrange for me to have a consultation. I  
>> reluctantly took the piece of paper from her and walked out. On the way  
>> home, my wife and I were mad and I refused to go to the psychologist.  
>>  
>> The headaches were always in the same place. Aspirin or Naproxen  
>> sometimes helped. I stopped going to the chiropractor because it was  
>> getting expensive with my medical plan, which weak coverage in this  
>> area after so many visits. Besides, some days he made the pain go away  
>> about 90%, but then other days he made it worse. (I don't blame him,  
>> however.)  
>>  
>> About 2 months ago, I went to Disney world on vacation. While there, I  
>> made it a point to completely relax and not think about work. I started  
>> doing neck rolls and neck stretches. By the end of my vacation,  
>> something SUDDENLY happened! I found that my headaches began to grow  
>> less frequent, more milder, and MOVED from the same place to farther  
>> over to the left.  
>>  
>> That's how it is today. I am still very groggy in the morning, but my  
>> headaches are more mild with only an occasional, serious flare-up.  
>> Every time, it's always in the same spot, now on the left side of my  
>> left eye, rather than on the right side of my left eye. My eyelid no  
>> longer does involuntary movement. My speech is no longer occasionally  
>> impaired. I do, however, have some problems concentrating on more than  
>> one thing at a time, such as being deep in thought when I am approached  
>> by one of my direct reports (worker) in the office.  
>>  
>> However, tonight, I found that I received a sharp pain that was so bad  
>> I decided to sleep. When I awoke, it hurt even more. The pain was in  
>> the same spot as the NEW spot since when I left Disney world. I  
>> couldn't deal with my family and had everyone get out of the way or  
>> leave me alone --- the pain was so bad. My left hand was shaking  
>> slightly from the pain. I grabbed a glass and filled it with soda  
>> (Coke), then took 2 Ibuprofen. The pain has gone away since the time I  
>> have composed this Usenet newsgroup post.  
>>  
>> My question to you is, what's going on with me? Am I suffering signs of  
>> a potential stroke about to come on? Am I about to have a seizure? Why  
>> is this related to my neck so strongly? Why do I have this pain so bad  
>> along with a bad sinus condition in the morning?

Hello,

I agree that you should see a Ear, Nose and Throat doctor. In addition, I hope that you will read these books:

"The Magnesium Solution for Migraine Headaches" by Jay S. Cohen, MD

"Toxic Relief" by Don Colbert, MD

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I hope this helps,  
Jason

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• *Follow-Ups:*

- ◆ *Re: Strange Headaches, Previous Doctors Stumped*  
◇ *From:* David Rind

• *References:*

- ◆ *Strange Headaches, Previous Doctors Stumped*  
◇ *From:* googlemike
- ◆ *Re: Strange Headaches, Previous Doctors Stumped*  
◇ *From:* Andrew B. Chung, MD/PhD

- Prev by Date: *Re: Statin-associated Muscle Problems*
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