

Case Study Sam: Diffuse Symptoms

Key Words: Pain, dizziness, tingling, headaches, rash

Patient Information: 43-year-old man who with severe and diverse symptoms for 3 years. He has had thorough neurological, gastroenterological, internal medicine, dental, acupuncture weekly for over a year was somewhat helpful, chiropractic workups and treatments without improvement. He is married and an engineer who owns his own business in Georgia. Non-smoker. He did a full work-up at the Cleveland Clinic in 2006. Initial visit with me, early 2007.

2004 The Trigger: A hunting trip in Feb. 2004 when he developed Giardia. Headaches, nausea escalated despite treatment for Giardia.

This originally began with:

- Pressure in left ear, episodes of deafness in left ear, tingling in left ear and eye, headache above left eye, temporary reduction in vision in left eye
- Dizziness episodes
- Sensitivity to cold & Low energy (assessed for thyroid function, normal)
- Intense pain radiating along left jaw and constant headache: prescribed

2 months later he began having scalp pain and paresthesia on the left side of his face without face droop. (Testing at that time: MRI normal, Electronystagmography normal) Rx: Valium and a diuretic without benefit.

Was seen by a dentist who prescribed Cleocin x 7. He noticed an improvement in facial pain on left and reduced metallic taste in mouth. Presence of facial tics and some problems closing his left eye. (Testing: X rays and orthodontic evaluation of jaw: unremarkable)

Reporting fevers and chills and intermittent neck stiffness. No known toxic or infectious exposures. No IV drug risk, HIV, or sexually transmitted disease risk.

- Neurological exam: unremarkable (MRI, lumbar puncture with PCR evaluation for chronic viral infection, blood testing for HIV, syphilis, CBC, chemistries)
- Cardiovascular: normal
- Abdomen: bowel sounds normal. No tenderness or masses
- Chest: lungs clear to auscultation

2005:

- Skin: maculopapular rash across upper chest and back.
- EGD: Negative for ulcerative colitis, Biopsies for H. pylori from duodenum negative.
- Western blot: negative all bands
- CRP: .6 normal
- Chemistries: normal, intermittently slightly elevated liver

2006: generalized weakness, lightheadedness, dizziness, generalized loss of strength when has more intense headaches. With the worst headaches, slurring of speech without visual aura. OCT pain relief for headaches, chiropractic adjustments, acupuncture. Triggers: fatigue, lack of sleep, stress, loud noises, bright sun, weather changes. Neurologist DX: Depression and migraines. Rx: migraine medications such as Repax 40 mg at onset of prodrome and repeated in 2 hours. And tricyclic antidepressant such as Pamelor or Elavil 25 mg trial. Also could try 3 mg melatonin for sleep.

Testing over 2 years: ALL NORMAL

- negative for H. pylori in blood and Giardia in stool. Negative for anemia, hepatitis
- negative for Giardia 3x
- negative ultrasound, colonoscopy: normal
- HIDA Scan with CCK for gallbladder function: normal,
- upper GI: no infections, no ulcers, normal stomach lining, normal transit. Biopsies normal
- MRI Brain: arachnoid cyst. Repeat MRI 60 days later: stable arachnoid cyst. Otherwise normal scans.
- X-rays, normal
- Spinal tap: normal
- CT scan abdomen and pelvis with contrast: normal
- Hearing Tests: normal
- Sigmoidoscopy: normal
- Heavy Metals profile: within normal limits

Present Concerns:

All issues continue. Improvement with Chiropractic, yet still not well. (*See Sam diagram of symptoms, next page*)

Current Medications and Supplements:

- Soma as needed for sleep (2-3 x month)
- Vitamin C
- B-Complex

Other Medical History:

- Lazy eye on left since childhood.
- Sam has experienced infrequent (1-2x annually) periodic right-sided headaches most of his life. These were not accompanied by nausea, sound or odor sensitivity, but throbbed behind the eye.
- Surgery: hernia repair 2003, back and shoulder repair, eye repair left side as a child for lazy eye 1965.

Family History:

- Father: HTN
- Mother: lupus, fibromyalgia, allergies
- Brother: healthy

