



Ajrawat

Washington Pain Medicine Center Est. 1985

(A CENTER COMMITTED TO EXCELLENCE IN STATE-OF-THE-ART AND CONSERVATIVE PAIN MANAGEMENT)

“From A Rocky Road To a Path of Hope” *My Story* by Mary Gunn



“Life is a journey. This is a story about my ever-continuing journey.”

I first noticed a problem after I fell in Austin Texas in 2001 and hurt my right ankle.

How does it feel losing your ability to walk? Something that is so easy that most of us don't even think of it. I tried to deny it to others and myself, I tried to hide it. All this time I was in pain, my body didn't feel good. I was on Tamoxifen. I thought it was part of the side effects. The more pain I was in, the tenser I became, the more pain I was in, and it kept going around. Even when the time came to stop taking Tamoxifen, I didn't stop hurting. I couldn't imagine a day without pain.

My difficulties with walking continued. One of the joys of my life was my daily walk with my husband. Now it wasn't fun anymore. I started finding excuses not to go. The times I did go, my husband would have to hold my hand to keep me on the sidewalk. I would waver from side to side and I know, on some occasions, I only finished the walk on sheer determination.

The problems walking finally became too much to deny anymore. I went to my family doctor about my “balance” problem. He referred me to an ENT doctor. After numerous negative tests, he could find no explanation, and referred me to another ENT doctor. Again, after numerous negative tests, the second ENT doctor referred me to a neurologist.

The neurologist also gave me numerous tests. They were all negative except for the EMG (elec-

tromyogram) test that showed mild neuropathy in my legs. I now had a diagnosis. I had to start walking with a cane. I would go off-balance and get dizzy and fall. I can't count the many times I have fallen; I am just lucky that I didn't seriously hurt myself, despite the bruises. Then the tremors started. I didn't get any better. I started getting depressed; I saw a walker and a wheelchair in my future. I felt hopeless. I started having panic attacks, in which I saw my life degrading into more pain and loss of mobility. It was hard to go on. I am a survivor, I always will be. I didn't survive cancer to come to this! In desperation I tried another neurologist. Again, numerous tests that turned out negative, except for the EMG. The neurologist started taking me off the medicine that I was currently taking, which may be causing the tremors, and wanted me to see a specialist to manage my medication. The first specialist I saw I didn't like at all. He prescribed the same medicine I was currently going off of. When I told him I had problems with it, he said, “Oh well”.

After an abortive second appointment I decided to look for another specialist. I visited my insurance plan's website and pulled up the specialist's names. I thought maybe I would do better with a female. The first female listed was Dr. S.K. Ajrawat. I made an appointment. Immediately I knew I had made the right choice. She listened to me and made some medication changes. But most importantly, she said, “I think we can help you. I am going to have you set up an appointment with my husband. You don't have to go through life feeling hopeless.” These were the first words of encouragement I received!

The day came for my appointment with Dr. P.S. Ajrawat. He examined me and listened to my medical history and what was going on now. He spent all the time I needed. I didn't feel rushed or that I was just “another patient.” For the first time a doctor told me that he could help me. Not only could he help me, but that I would be running in a marathon by December! It seems that one leg is shorter than the other, causing the musculature (myofascial pain) to go out of whack and much pain.

I didn't believe him at first, but my disbelief quickly turned to awe. On the physical side, Dr. P.S. Ajrawat started me on trigger point injections, nerve blocks and therapeutic exercises. He gave me a sheet on stretching and strengthening exercises. This is a spiritual and physical journey. Both need healing. The whole person receives healing, not just the physical side. I work hard. They are hard to do, but it is getting easier. And I'm getting better at them. I have better mobility all around, not just walking, but in everything that I do. I can turn over in bed now instead of having to sit up first. And I started working out with the exercise machines. I am not very good, but that will come in time.



On the spiritual side, he taught me the scientific Dr. Ajrawat's Air Pulse Meditation. I try to meditate at least twice a day. I no longer have panic attacks. I have better insight into others and myself; I am kinder and more compassionate. The pain is getting less and less. My faith is growing stronger and stronger. I have noticed that when I meditate, I walk better afterwards. The program takes work. You must be willing to take part in your getting better.

The most important thing to me is that I now have hope. I look to my future with hope and awe. I no longer see my future including a walker degrading into a wheelchair. I now see walks with my husband! I have happiness and joy.

I know I am being taken care of. I am not in this alone. I am so thankful and grateful that I have met the Drs. Ajrawat. My life has turned around.