

Sample Patient History

Chief Complaint/s:

Neck/cervical spine pain
Mid back/thoracic spine pain
Bilateral shoulder pain
Intractable migraines
Dizziness, vertigo and balance issues
Visual disturbances
Photophobia
Phonophobia
Dysautonomia
Positional Orthostatic Tachycardic Syndrome (POTS)
Low back/lumbopelvic pain
Vaginal pain
Causalgia
Sensory disturbances
Neuralgia/neuritis unspecified
IBS/GI distress with constipation
Dry eyes

Testing:

List of Head/Neck MRIs and CTs (all but one in my possession):

- 8/26/2004 1st CT scan - American Radiology Services
- 3/13/2006 CT Brain - Chesapeake Medical Imaging
- 7/14/2006 CT Sinus Scan - Advanced Radiology
- 10/1/2012 Cervical MRI - Chesapeake Medical Imaging
- 4/20/2015 CT Head/Brain without Contrast - Johns Hopkins Emergency Room
- 7/25/2016 MRI C Spine with and without Contrast - Chesapeake Medical Imaging
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List of Blood Tests that I have records for:

- 7/22/2016 - Quest Diagnostics - Creatinine Serum (for pre-MRI with contrast)
- 4/29/2016 - Robinwood Internal Medicine - Various Tests after visiting primary care to discuss symptoms.

Previous Surgeries:

List of Surgeries

- 1/4/2006 Sinus Surgery - Contact Points shown in 8/26/2004 CT scan thought by ENT might be causing frontal chronic headache. Septum straightened to get to contact points during surgery and they were shaved down. CTs after surgery can show difference.
- 7/2/2008 Lasik Surgery

Family History:

Family History of Headaches

- Maternal grandmother - Migraines
- Father - Migraines

Allergies and Other:

Allergies

- Codeine - makes me vomit
- Complete allergy testing done ~ 2006 to determine if that could cause frontal headaches ... Mildly allergic to some molds, dog and cat dander, etc. but nothing major.

Diet:

Foods/Drinks Consumed

Very healthy eater... Grilled chicken, lean fish (tilapia, swai), steamed vegetables, rice, etc. Do not eat processed fast foods or drink many carbonated beverages. Never used tobacco or street drugs. Was a social drinker (about 3 beers on weekend but since headaches worsened, only drink a beer rarely).

Medications:

Excedrin Tension Headache – Only medication (over the counter or prescription) that actually helps relieve some of the pain from the frontal chronic headache. This has not been replicated with any other medication including Tylenol, aspirin, Excedrin migraine, prescription pain pills, muscle relaxers (ex. Cyclobenzaprine 10mg (Flexeril)).

Methylprednisolone Pack-Prescribed by neurologist experimentally to see if any back of head pain relieved due to reduction in inflammation from potential irritated nerve. Actually seemed to DECREASE throbbing head pain by the 2nd or 3rd day (started with 6 pills a day and decreased by one pill each day until the last day was 1 pill 7/21 – 7/26). Still had the annoying itchy/tingling in back of head but not the throbbing pain. Pain remained subdued until Sunday afternoon, 7/31 and then it returned on top right side of my head (very sore, bruised feeling throbbing pain) ... moving from left to right top area for next few days. Still have very bad now (8/4/2016). Tried ibuprofen 800mg thinking that anti-inflammatory property might help because steroid helped but ibuprofen did not affect headache at all.

Zolpidem Tartrate (Ambien)-Had insomnia since at least 13. Got Ambien to try from a primary care doctor to see if sleep deprivation could be contributing to headaches. No help on headaches but did help sleep.

Topamax-Prescribed by primary care to try for chronic headaches in general (frontal and back). Tried half for a week and then stepped up to full for month. Never any relief.

Sumatriptan Succ (Imitrex)-Prescribed by primary care to try when headache in back of head became worse. Tried multiple times (one pill and then second an hour later). Never any relief.

Rizatriptan (Maxalt) disintegrating-Prescribed by JH Headache center in 5/2015 to see if made difference and then again in 8/2015 by primary care. Only given RX for a few doses. Did not make any difference to each front of back headache.

Cymbalta-Prescribed at high dosage experimentally to determine if helped with potential nerve pain from vaginal area (nerve related but non-headache related). After taking for a few months, weight gain and not helping so discontinued. Withdrawal bad for several months after.

Amitriptyline (Elavil)-Prescribed at high dosage experimentally to determine if helped with potential nerve pain from vaginal area (nerve related but non-headache related). After taking for a month, not helping so discontinued.

Alprazolam (Xanax)-Take 1/2 to 1 pill before stressful events such as going in for surgery, getting on a plane, etc. especially since chronic headaches make me very dizzy already, any nervousness makes me feel more lightheaded so this medication helps that condition. Only used about 20 times ever but wanted to include on here because it could be relevant.

Demerol-Tried one time to see if reduced pain at all because close friend uses it to "take edge off" when they have a bad migraine. Did not relieve any of the pain.

Excedrin Migraine-Tried this to see if it would affect back or front headache. Did not do anything to either of them.

Background:

Lived with some type of headaches on and off since about 11 years old and never really able to breathe through nose. Moderate insomnia.

Main Symptoms:

Headache #1:

Began 7/2004 while at Ocean City, MD. Cut foot open on rock at inlet and next morning woke up with headache. Never went away since (might not be relevant but wanted to include just in case)

In between eyes, can make feel "better" by pinching top of nose bridge hard. Triggers: stress and lack of sleep. Excedrin tension headache only medication that relieves somewhat. Pain ranges from 5-8 but remains all of the time (from waking up to going to sleep)

Ice pack makes it feel better. When cold out, sit outside for hours to "numb" it so can sleep. Cold compress pressed on area also relieves somewhat

Associated with lightheadedness, which was amplified around November 2013 without real known reason. Became hard to walk alone for anxiety of blacking out in random places such as hallways at work, Walmart, etc.

Headache #2:

Began around 5/2015. Intense pressure in back of head feeling like someone slammed back of head on concrete. Goes through phases...will feel like there is a sharp bruise on back of head that when touch is very sore and around it is sensitive to touch; however, that spot will move around in as little as hours. Not localized to one side of head but does not travel down neck. Spot is usually from top of head to back of head both sides. Intensity from 6-9 and causes extreme lightheadedness and inability to perform functions such as working, driving, walking around by myself, etc.

Another phase is tingling phase where feel like scalp itching from inside. Seems to radiate outward to my head.

At first, this headache was present for about 3 weeks and suddenly disappeared for about 5 months. It returned for another few weeks and disappeared for about 3 months, came back again for a few weeks and disappeared for a month (kept re-occurring more often each time it came back)

Starting around April 2016 it has come back and never went away, except for 3 days prior to my wedding (late May 2016) through the day we got back from honeymoon (strange coincidence?)

Very difficult to perform any functions when this headache is present. Very active in weight lifting at gym (2+ years) and disabling me from getting to gym at all so emotional stress.

Thinking back, there was a time when I tried jumping onto someone's back and missed so I fell back and slammed my head on the concrete about back in May 2015. Not sure if that is related but wanted to include in here...

Also was in car accident when about 4 years old with my father. He said his neck was hurt from accident but not sure if it did anything to me.

Other Symptoms (may be unrelated but I will still list):

Low blood pressure (always feel like passing out), High heart rate, itchiness of skin (feels like from the inside) when doing activities like walking on treadmill or through mall, tingling of hands and feet when sitting for more than a few minutes, constipation,

History by Timeline:

8/5/2016: Morgan Johnson Harris-Since nerve block did not affect headache and no nerve impingement seen on MRI, ruled out occipital neuralgia. Defaulted to migraines and prescribed medication. My comment: Since prednisolone was effective at helping headache, couldn't we dig into why there is inflammation there or get some kind of image to see if it is localized in a certain area instead of just throwing migraine/pain pills at me???

7/28/2016: Fahardi, AAMC Neurology Specs. – Annapolis, MD-Did not affect headache at all positively or negatively

7/21/2016: Morgan Johnson Harris-Have MRI on CD. Prednisolone actually seemed to work to diminish throbbing feeling. See medicine list above for details.

6/1/2016: Teresa Dumpe-RX for Topamax and Imitrex-Johns Hopkins Otolaryngology – White Marsh, MD

12/22/2015: Masaru Ishii-Supposed to perform nerve block but when got into office, said doesn't do that.

10/9/2015: Jason Rosenberg-Johns Hopkins Bayview Neuro-Successful at blocking with minimal bruising; however, did not affect headaches at all.

9/30/2015: Teresa Dumpe-Initial appt to track headaches through primary care. FMLA paperwork.

5/13/2015: Linda White-Johns Hopkins Bayview Neuro-RX for Maxalt and Ref. for nerve blocks.

4/20/2015: Julianna Joan Jung-Johns Hopkins Hospital Adult ER-Administered ketorolac (Toradol) 30 mg/mL injection 30 mg, diphenhydramine (Benedryl) 25 mg in sodium chloride 0.9% 50 mL IVPB, metoclopramide (Reglan) 20 mg in sodium chloride 0.9% 50 mL IVPB. Did not help with headache at all. Hospital Diagnosis: Headache + Pott's Disease

1/2015 and 3/2015: Thomas Lee-ENTAA Care – Glen Burnie, MD-Experiment determined breathing better would not reduce headaches. Dr. Lee said he could make me breathe better though so to come back if interested. Referred me to JH Bayview Neurology (Headache Center)

Other Doctors Visited in past where I do not know the details

ENTs (~4 different doctors between 2004-2007): Examined sinuses through CT scans, surgery performed by ENTAA to relieve contact points.

Allergist (2005): Allergy testing performed with spot testing on arms. Mild/moderate allergies to cats, dust, mold etc.

Neurologist (2005): Passed it off as migraine and no big deal. Thought I was exaggerating.