

PAIN MANAGEMENT DOCUMENT #1 (version 3)

General nature of the pain

5/23/2024 INTRODUCTION -This document is intended to provide answers to inquiries that commonly arise with regards to my chronic pain issues and, to whatever extent is possible, provide a framework for understanding why this is an unconventional syndrome. This is an update for Version 2 of this document which I submitted in February. It's not intended to replace that document but to provide more detailed information about how severe back pain manifests, in particular by adding photos taken of the problem areas over the past six years.

NATURE OF PAIN - The typical manifestation of this pain syndrome is a sudden onset of severe pain and back spasms centered either in the left thoracic back or the right thoracic back. Sometimes the pain will shift from one side to the other, and less often both sides will spasm simultaneously. This has been the case since 1991, though the first time I can recall both sides of the back spasming simultaneously was 2017. The pain may also be on the left or right side of my neck. Involvement of my neck began sometime after 2000.

Beginning sometime after 2015 and before 2018 I began to notice redness and external skin changes associated with the inflammation. There have also been other points of inflammation, some of which in my opinion show outlines of objects embedded in the tissue. There seem to be at least two loop shapes 3-4 inches in diameter – one on my left thoracic back and one on my right thoracic back – though based on patterns of pain I suspect there may be one or two other loop-shaped structures.

Small areas of inflammation often rise up suddenly, and disappear just as suddenly on my neck near the base of my skull. This has been associated with neck pain or effects to my head. These areas when inflamed and it feels like there is an embedded object, similar to a grain of rice, but smaller. There are areas in the soft tissues of my mouth with similar effects, most notably behind Tooth 15. The rising/falling bumps in my neck I have notice since about 2017. The sense of an embedded object behind tooth 15 started around 2021 and was clearly present by January 2022.



Jan 25, 2018 (left) & March 4, 2019 (right) – puffy/swollen area is in the same area, both images. In photo on the left, a ring-shape network of purplish branching blood vessels is observable around the puffy area. There are several areas on my back and neck where the same size and shape of inflammation comes and goes in the same location, seemingly at random, year after year.

Skin or surface tissue changes associated with back pain include redness, inflammation, increased skin sensitivity, skin dryness, tissue creasing or rippling (like a washboard), and a texture that one doctor called “*peau de orange*” where the pores appeared to be exaggerated. The *peau de orange* skin was associated with washboard-like rippling as well as redness. The more unusual changes only began to occur around 2020 and are usually not extreme, but the redness seems to have been pretty consistently part of the pain syndrome over the past ten years or so. Nonetheless, the pain was at least as severe prior to the redness appearing, and the pain pattern itself has not changed since the redness, skin changes, and visible inflammation became part of the mix.

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Visit date: 2/7/2020

02/07/2020 - Office Visit in PMG Glisan Internal Medicine (continued)

Progress Notes - Pert (continued)



Neuro: Grossly intact.

Psych: Seems alert and oriented. She is cooperative. She is convinced that her pain and skin change result of external forces acting on her body to give her the symptoms.

Right side pain, inflammation. This incident included a hardened, washboard like texture in the tissues, and *peau d' orange* texture in the skin. Feb 7, 2020.

02/26/2020 - ED in PROVIDENCE PORTLAND MED CTR EMERGENCY CENTER (continued)

ED Provider Note (continued)

Extremities: No edema

Musculoskeletal: Easily moves from a right-sided side-lying to an ambulatory position can bear weight on toes heels forward bend lean lift each leg off ground add and abduct hips upper lower back scratch shake head yes and no with reproduction of left mid back pain and some spasm-like episodes but with ease

Neurologic: Alert & oriented, Normal motor function, no deficits noted.

Psychologic: Affect normal.

Emergency Department Data:

PICS:



More left side inflammation, but at a slightly lower location than the previous images. Feb 26, 2020. To my recollection, this severe pain incident began in early February 2020 and lasted well into March 2020.

The pain rarely occurs near the spine, and rarely involves effects that would indicate that the origin is neurological. In the past, there were some different effects including, very rarely, sciatica and numbness in last two digits (ring/pinky) especially at night. This occurred regularly through the early 2000s until around 2011, but has not occurred for more than ten years. Also, other things have occurred to indicate that the finger numbness was not directly connected with the back pain, although it occurred concurrently, including finger numbness occurring without back pain throughout 2017, and other issues with my fingers, such as my fingertips suddenly feeling “electrified” and extra-sensitive so that it was difficult to use a touch screen, something that could come and go instantaneously. This happened a lot in 2017. I have not experienced any finger numbness, and few instances of fingertip sensitivity, since 2018.

With regards to the skin changes, because they began to manifest after I’d been suffering from this condition for almost 30 years, and because they vary so much from episode to episode, I

suspect they are caused by a mechanism separate from the mechanism causing the muscular spasms and pain.



March 25, 2018 – this severe pain episode appears to have involved both sides of my back.



September 16, 2018 (right side pain)



January 28, 2019 (left side pain)

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08/19/2020 - Office Visit in PMG Glisan Internal Medicine (continued)

Progress Notes - Pert (continued)



August 19, 2020



October 17, 2020



April 2, 2023



May 10, 2023 – this flare up involved hardened, washboard-like tissue. Some of the tissue changes are visible here in the form of ridges/furrows and color varigation (lighter/darker color in inflamed area)

I am not able to take photos of inflammation as often as I was a few years ago since my husband died of cancer. I called my mother to take this photo because the skin & tissue changes were significant.



Feb 15, 2018 (above) & May 5, 2022 (below) - the elevated "bump" is an area that sometimes pops up, always in the same spot, usually manifesting as a mosquito-bite sized swelling. It usually appears with, or shortly before a pain episode. In the top photo it looks a bit like a folded wire or staple.

The area shown in all these photos (above and below) is the same location, on the middle left side of my back, and to my recollection it is "inside" the ring shape seen in the Jan 25, 2018 photos. Photo above was taken by my husband who died in 2021. Photos below from May 5, 2022 and were taken by me, in a mirror which is why the bump appears to be on the right. This lump appeared and disappeared over a period of several minutes.



May 5, 2022

TRIGGERING EVENTS

It has often been asked, going back to 1990, whether there was an initial “triggering event” or injury. I used to believe that it was a lifting injury because the first flare up occurred the morning after I’d been restocking a bar while working as a bartender. However, I no longer think that this assumption is correct. I think that I had simply been looking for a reason as to why I woke up one morning at age 22 with severe back spasms sending me to the emergency room – and that the only thing that explained it to me at the time is that I had been lifting cases of beer the night before. I no longer think that lifting, or any similar event, had anything to do with the first incident or any subsequent incidents of severe back spasms.

It is also often asked if there are triggering events to any given acute incident. Again, this is something I was always trying to discern, seeking patterns related to stress, diet, lack of sleep, muscle strain, breathing, aerobic exercise, etc. I now realize that physically, there has never been any kind of actual triggering event. This pain occurs out of the blue and usually comes on very quickly. In the past, it used to flare up to a severe state almost exclusively at night.

It is worth noting that I have always had good strength and flexibility in my back and when I am not in an active flare up, I continue to have good strength and flexibility. Even in an active flare up, I am fairly strong and flexible. But during a back pain episode the most painful and triggering thing is to lift my arms in front of me (to write, type, wash dishes, etc).

DURATION

These incidents can last anywhere from a few hours to a month or longer. The longest I can recall for a single continuous incident of severe pain is two months. There have been several occasions in which severe pain lasts for a full month, most recently in late 2021. As for the frequency of flareups, it is possible, but rare to have two flareups within a month. Monthly flare ups are not uncommon. Generally speaking I experienced significantly less back pain in 2023 than normal, however, I have been experiencing daily leg, body, and abdominal pain (due to restricted urine flow associated with biomedical attack) severe enough significantly affect my function. I have taken pain medication in order to medicate this pain enough to remain functional. Also worth noting is that since 2020 I have been devoting essentially all of my functional hours to attempts to get to the bottom of this situation – trying to find someone in the medical, legal, or law enforcement field who is willing and able to scientifically test for wirelessly accessible biomedical implants.

TREATMENT

I feel I've done every alternative treatment under the sun and that few of them are effective. Sometimes cold packs, or cold alternated with heat can help, along with pain medication. When the pain is beginning to resolve, or somewhat under control, gentle aerobic exercise such as walking or very gentle yoga stretching can help. Massage helps, also, but none of these things really alleviate the pain.

I have tried many different forms of physical therapy (water therapy, stretching with bands, electrical impulses, personalized exercise plans). I have tried acupuncture, "cupping," and chiropractic therapy. Physical therapy, like any gentle exercise, is somewhat helpful, but does not help in a severe episode. Generally speaking, I've found both physical therapy and alternative treatments such as acupuncture, chiropractic, and talk therapy to be unhelpful.

The most effective treatment during a severe episode is use of opioid based pain medication along with an anti-inflammatory such as aspirin, and bed rest, hot/cold, bath/shower, and gentle exercise such as walking or gentle stretching, once stabilized. Nothing comes close to helping in the way that opioid-based pain medication helps. Opioid based pain medication is literally the only thing that actually stops the spasms.

In the past I have used various types of muscle relaxers as well, but muscle relaxers also do not stop the spasms and are in fact so ineffective I've essentially stopped using them except for at the tail end of longer episodes (1 month +) as I'm weaning myself off of opioids.

Least helpful are acupuncture, chiropractic, electrical stimulations, group therapy.

I want to get to the bottom of this. With everything I have documented through the years, wirelessly accessible piezoelectrical biomedical implants are literally the only explanation that covers all the evidence – the wireless frequency tracing and other unusual instrument readings (EMF meter, Geiger counter) – the often bizarre activity of aircraft around me – the types of attacks that I experience: sudden heating; sudden rashes/burns; sudden intense pains; sudden weakness; sudden heart issues; sudden breathing issues; sudden muscle tightening; wireless signals coming from my heart & head & dental work; sudden difficulty writing; involuntary but seemingly controlled muscle movements; sudden effects to my bladder; sudden vomiting; sudden muscle twitching or even cell-phone like vibrating in Achilles tendon; marks on skin appearing in mechanical-like rows and often overnight; bruises appearing all over my legs and arms overnight; sudden reddening of eyes; sudden heating effect (non-menopause related hot flash) or sudden difficulty breathing, and effects to heart coordinated with similar attacks to my partner (now deceased) and/or to my pets (most of whom were also killed), etc.