

Kristia Bagerson

12/5/25

R.A.

* [drug list - ant-
cleppe
+ RA + Ser

R - knee swelled 12 mths ago (surgery)
→ trigg. fall into rio road box. (20 yrs)
→ after 2 wks no im-prov't

→ MRI ~~unhelpful~~ + Sports Med doc no physiologic
→ No infectn. issues.
→ aspirate fluids + cortisone.

→ Got notice to move (rent 9 yrs) -
→ move to MILs.

→ 3 wks intense work ok w.
cortisone (garolander).

→ 8 wks after cortisone started
gett. sore. Then R-shoulder
pain on packing for camp. g.
Extreme pain front of shoulder

[Painkillers when knee +
shoulder painful]

→ Then extreme soreness in
ankles + wrists.

→ R rheumatologist - serial blood
where clear initially -
3 mths later high inflamm
markers but bloods still
inconclusive but R rheumatologist
said R.A.

Hesitant initially going onto
RA drugs. (2)

Steve Calls for Chiro. for
few months.

Tried Acupuncture for months
w. Anyway.

Lost 12 lbs but regained 18 kg
→ (too thin)

Nuclear Scan.

CN May - Sept '24 - very rapid onset

→ Extreme pain struggle

methotrexate to lower ~~auto-imm~~ to low level.
chemo drug. Started on RA ~~med~~ Nov '24

→ could move better →

* also Steroids + supps.

felt like broken glass in
ankle - cleared w. drugs.

Dec insomnia kicked in

→ rumination past events
(* esp mistakes from past.

Sep '24 - stopped MJ, Cigarettes, alcohol etc

→ M/E got worse slipping
into depression

Just after NY (Jan '25) -

noticed brain spinning,
anxiety → Mentally,

really not well.

New mental tipped over edge

- mental/nervous breakdown

- 2 wks psych ward R obina

③
- 2⁺ yrs - traumatic experience
in itself. No intention to get
well + get out of there.

R.A. drugs + steroids: stopped steroids
late Jan '25, also stopped
RA drug - psych ward.
Body aches came back.
→ has restarted drugs.
Joints swollen, painful.

No brothers. Dad hardworking
man "absent" father, but
keeps memories (kiss footy, bike)
but feels like missed out
on male energy. Noticed
now has own system Cougar.
(Broke 94 ♀).

Kate (wife) together 20 yrs.
Generally happy but
realistically feels guilty about
remorse/shame

Previously consumed "crippled".
to avoid / fit in
Insecure as young man - moved from himself.
group to group - off rails
in 20⁵ found group in
community art with wife.

[take RA, Steroids, anti-depr] (4)
* S → get list.

Feels out of flow / disconnected
49 up.

Gen. diet - basic - not junk
food - will be gen. clean.

Sleep at moment ok -
on supps + melatonin.

BW is OK.

Was suicidal for a while -
had se psych wrong
self-administered - couldn't
see way through - wanted
to jump.
M/E most pressing
with RA in background.

Joints < pressure on flex.
< make foot.
→ fullness + heat
ankles knees fingers wrists
shoulders (elbow not too bad)
(bit of neck pain)
Not so much heel or shin
Grinding grating broken glass pain
in ankles.
Painful stiffness fullness in joints.
Shooting pains inside knee.