
pre appointment summary

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To simone_chadwick@outlook.com <simone_chadwick@outlook.com>

Hi Simone,

In preparation for our session tomorrow, mum and I put together an overview of what has been happening in my healing crisis over the past two months. I am coming good after lots of hard work but there's lots of assimilating, reframing and unwinding to be done.

I've had lots of 'ah-ha' moments writing this summary and seeing the narrative. I've had 3 periods of my life impacted by this type of healing crisis and I am just starting to see the full picture of how they are all connected.

Predispositions - Highly sensitive kid, has anxiety triggered from not understanding what is happening in my body, life/death situations around myself or family. Clairsentience, Clairaudient, Claircognizant. Environmental Artist.

Summary -

Newly diagnosed Chronic Vulva Dermatitis - <https://www.dermcoll.edu.au/atoz/lichen-simplex-chronicus/>

Provoked Vulvodynia - Nerve confusion, chemical allergic reaction in the skin - [https://www.thewomens.org.au/health-information/vulva-vagina/vulva-vagina-problems/vulvodynia#:~:text=Vulvodynia%20\(said%20'vul%2Dvo,have%20a%20normal%2Dlooking%20vulva.](https://www.thewomens.org.au/health-information/vulva-vagina/vulva-vagina-problems/vulvodynia#:~:text=Vulvodynia%20(said%20'vul%2Dvo,have%20a%20normal%2Dlooking%20vulva.)

Crushed Pudendal Nerve - <https://caringmedical.com/prolotherapy-news/pudendal-nerve-entrapment-syndrome/>

Where I was at this year pre-onset -

I've been a stay at home mum with my kiddos. This year was my big shift to have Cosi in Prep and Indi in kinder so I was looking forward to having some free time to work on balancing my diet/nutrition/circadian rhythm/walking + pilates proactively. Lots of education around what is good for my body, mind, spirit. Thinking about losing some weight, setting myself up to taking on some work from my arts practice, having a little 'wobble' with the nerves along the way from all the big changes. Some nerves around career/ finances.

Then mum had her burn accident and I noticed normally I handle emergency situations well, I hold on and then 3 weeks later I fall apart/ it takes its toll on my nervous system. This time I only had 3 days before I started to show signs of being taxed + overwhelmed.

As mum got better around the time of Indi's birthday in mid-late June onset happened rapidly -

1. I noticed my nose and tongue tasted strange. Like a chemical hayfever response but I didn't know what it was at the time. The next day - Vulvar cyst and skin infection - went to the royal women's emergency. Treated and pain got a little better but came back the next week as the course of antibiotics had failed (not known at the time).

2. Immense pain in vulva, urethra, bladder, kidneys - visit to royal women's emergency. Misdiagnosed - Lichen Sclerosus skin condition, possible pre cancer referred to specialist skin clinic appt Sept. Big fear wobble. Believed doctor in a position of authority and stopped listening to my body's cues. Fear response and anxiety heightens. Not treated for pain or blood test that showed I had an infection.

3. Pain worse, uncontrollable crying response, attended royal women's emergency again. no bloods done. Given Endone and numbing cream. told "this will now be a level of pain i will need to adapt to living with, "typical lichen sclerosis pain." - misdiagnosis. I presented with "white coat hypertension" so my symptoms were ignored and misread by doctors.

3. Visit to private specialist Dr Len - diagnosed with chronic dermatitis and vulvodynia (1st episode of this 10yrs earlier). A bit traumatised from skin biopsy. I had 2 failed local anesthetics and felt the biopsy. Given steroid cream for the dermatitis takes 3 weeks to work (6 week course total). Believed cause of dermatitis: Allergic reaction to laundry powder, cleaning products, sard spray. I feel pain not itch.

4. One month after my first trip to Royal Womens, I listened to my body, knew I had to have a bladder, uti, skin, kidney infection. Took my urine in to be tested and asked the gp for bloods; found immediately I had a raging infection. 2 weeks of antibiotics to clear. Another layer of pain starts to clear and I realise my nerves are shot. So lots of rest and trips to Chiro to reset my pelvis and low back.

Throughout this time I was working with my naturopath to treat the three consistent layers of healing needed -

1. Bladder + uti herbs to calm inflammation
2. Pain and inflammation - herbs and fish oil
3. Nervous system calm + reset - herbs.

Currently -

- Get rid of residual headaches
- Finishing the steroid treatment for my vulva skin and getting rid of the dermatitis. Work with Dr Len.
- Work with naturopath - ease inflammation, trying to clear the antihistamine response causing the dermatitis, nerve regulation support.
- Women's Gynecological Physio - physical exercise to strengthen pelvic floor and calm nerve sensitivity response in the vulva and get rid of vulvodynia.
- Understand and clear trauma response.
- Continuing to calm my dysregulated nervous system and learn new strategies to support myself in day to day life.

AIM - return to life as mum and on the path to returning to work as a practicing artist. I'd like to feel super safe and grounded in my life. Greater self confidence in my body and in my career. Overcoming belief that I think I have in me somewhere... that my power to be the creative individual that I want to

be is determined by something outside of myself. This makes me lose my power/self confidence and undermines me being able to see me in my future without fear.

I'm sorry it's a big story! It's something that I am working through the layers of and I hope kinesiology can help assist.

With kindest thanks,
Jazzy