

**COLLEEN CRARY (SL: Anya Ibor)**  
**'Hippocrates Wept: Psychologically Surviving Modern**  
**Medicine During A Health Crisis'**  
**Mental Health Symposium June 18<sup>th</sup> 2016**

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[2016/06/18 11:26] LV (lorivonne.lustre): Hello everyone.  
Today's presentation is being transcribed so those without audio or who  
require text only can participate in real time.

A little explanation about this service.

Voice-to-text transcriptionists provide a translation of the key ideas discussed,  
NOT a word for word transcription.

Voice-to-text services provide an in-the-moment snapshot of ideas and  
concepts, so that those who are unable to hear or to understand the audio  
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You will see the transcription in Nearby Chat.

Transcription is provided by Virtual Ability, Inc.

The transcriptionists are:

LoriVonne Lustre

Carolyn Carillon

The following initials in the transcription record will identify the speakers:

CC = Colleen Crary (SL: Anya Ibor)

Colleen will be using a teleprompter.

<<transcription begins>>

[2016/06/18 11:30] Roxie Marten: Hello and welcome to the Virtual Ability  
Mental Health Symposium.

The title of this session is "Hippocrates Wept: Psychologically Surviving  
Modern Medicine During A Health Crisis".

My name is Roxie Marten, I am a 12 veteran of Second Life and currently part  
of the management team that operates the Cape Heron Sim providing low  
cost housing to Virtual Ability Members.

It gives me great pleasure to introduce to you Colleen Crary.

Colleen is Anya Ibor in Second Life.

A PTSD expert and advocate, Colleen/Anya is a tireless champion for international mental health policy and common sense solutions. Founder and CEO of Fearless Nation PTSD Support, she promotes care for all PTSD sufferers, their families, friends, and clinicians, war veterans, law enforcement personnel, emergency response workers, those traumatized by sexual abuse, child abuse, torture, human trafficking, hostage events and crime, man-made and natural disasters, and physical, psychological, and verbal trauma. Please hold your questions until the talk is over. Thank you.

[2016/06/18 11:32] Anya Ibor: Hello and welcome to Virtual Ability's 2016 Mental Health Symposium, "Down, But Not Out"  
My name is Colleen Crary. In Second Life (SL) my name is Anya Ibor. I am the Founder and Executive Director of Fearless Nation PTSD Support, a nonprofit dedicated to advocacy and solutions for people with post-traumatic stress disorder (PTSD). We have two sims in SL, as well as real life (RL) educational and supportive meetings for all PTSD sufferers and their families, friends, and clinicians. Today, I want to share with you some mental health challenges that can come up during a medical crisis, and how to cope with the emotional highs and lows that occur during medical treatment. I call this presentation, "Hippocrates Wept: Psychologically Surviving Modern Medicine During A Health Crisis"

So, you have an illness, and you think modern medicine can help. Think again: Often, fixing one medical problem can cause, multiply, or magnify other health issues.

The stress over facing one's mortality, the financial burden of illness, and the psychological effects of some medications and clinical indifference can be overwhelming.

Let's explore how to psychologically navigate a profit-driven, "patient last" healthcare system before and during a health crisis so you can take control over your care per your unique physiology and psychology.

I will share some of my health crisis story: In 2010 I began to have general symptoms, however, I had never been physically ill before other than the occasional flu and a few times, food poisoning.

I was athletic, super-healthy, and I never saw doctors. I come from a medical/military family, so I felt good about the American health care system, and I never anticipated the stress and problems I had when my symptoms grew worse and worse, interfering with my daily functioning.

I will share some of my experiences, but not too much personal information, because I am trying to finish my PhD in psychology, and I am seeking employment, and I don't care to share too many details in case a potential employer counts me out because I was seriously ill.

I will say this: If I didn't have PTSD before my illness, I certainly do now. The unnecessary stress and trauma of modern medical treatment,

in addition to the fear of the disease one enters treatment with, is formidable.

First, let's talk about something called IATROGENESIS.

"Iatrogenesis" is Greek for "brought forth by the healer".

This refers to any effect on a person, resulting from any activity by one or more persons acting as health care professionals or promoting products or services as beneficial to health, that do not support patient recovery.

Some iatrogenic effects are clearly defined and easily recognized, such as a complication following a surgical procedure to adverse, or, most broadly, to unintended outcomes.

An example of this is lymphedema as a result of breast cancer surgery – the actress Kathy Bates has this unintended outcome from breast surgery for cancer.

Causes of iatrogenesis include:

- side effects of medications and negative drug interactions
- complications arising from a procedure or treatment
- medical error
- negligence – lack of cleanliness, sloppy training
- anxiety or annoyance by the physician toward the patient in relation to medical procedures or treatments
- unnecessary treatment for profit

Globally as of 2013 an estimated 20 million negative effects from treatment occurred.

It is estimated that 142,000 people died in 2013 from adverse effects of medical treatment up from 94,000 in 1990.

Reference: Grisanti, R. (2015). Iatrogenic disease: The 3rd most fatal disease in the USA. Retrieved from

<http://www.yourmedicaldetective.com/public/335.cfm>.

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The first thing I noticed when I started having to see doctors is rude, ignorant doctors and staff

- Lack of empathy, rude behavior – doctors staring at PC, not the patient in front of them.

An example of this is when I showed up for an appointment in utter pain, and I had not slept in days, and the doctor kept telling me that my symptoms “just don't happen.”

Well, the symptoms WERE happening.

Right in front of him.

And if he'd look at the patient in front of him instead of the damn computer screen, he might actually see the problems.

In addition staff was rude, slovenly, and extremely arrogant.

One “physician assistant” barked at me to get a lozenge out of my mouth, which I needed due to dry mouth caused by medications.

She stuck a tissue in my face and barked at me to get the candy out of my mouth. Like I was a naughty child. Nice.

- "Blaming the patient" –

The "You must have done something wrong to be sick" treatment by doctors and staff.

Hospital intake forms ask how many drinks or cigarettes one has had in a lifetime, but they never ask about what I eat.

That is like taking a car to a mechanic who doesn't know what gasoline or electricity is for.

"Blaming the patient" is an obsession in modern health care.

The fact is that health-conscious people who exercise and eat well and abstain from vice still get sick, and it is NOT their fault. Illness just happens.

- Lack of training in the mental health of patients –

Because I got frustrated with doctors and staff, they administered "faux" psychiatric tests created by the corporate marketing and legal departments of the for-profit healthcare company.

I have a Masters degree in psychology, and three-fourths of a PhD, and I have been trained in psychological tests and measures.

Corporate marketing/legal should not be conducting psychological "quizzes" on patients.

If a for-profit corporation health care company wants to know if a patient has a mental health issue,

they can hire a licensed, certified psychiatrist to administer standardized psychological tests

that are approved by the American Psychological Association or the American Psychiatric Association.

I crumpled up their silly tests in front of them.

And fired a lot of doctors over this corporate tactic to dismiss my illness.

It felt Kafka-esque to be treated like a crazy person because I was upset about feeling so ill.

- Lack of cleanliness of staff and hospitals –

Carpeting, drug resistant bacteria, flesh-eating viruses, the antibiotics crisis, and hand gel that does not clean hands:

Carpeting has absolutely no place in a hospital, carpeting cannot be cleaned properly.

It is sponge for germs. Hospitals are not supposed to be "pretty"

Doctors and staff (females) who engage in having manicures and fake nails are walking germ factories.

You cannot get fake nails clean, and they can harbor fungus and a load of bacteria.

If you want perfect hands and nails, then do not go into nursing or health care.

Nobody likes dry hands that result from the constant washing required in medicine,

but those awful hand gels are no substitute for hot water, soap and a good scrubbing.

Hospitals are now inundated with scary, drug-resistant bacteria and viruses carried by carpeting and slovenly staff.

The CDC (2016) reports that “Methicillin-resistant Staphylococcus aureus (MRSA), a bacteria that is resistant to many antibiotics, is rampant in hospitals and clinics.”

Staph and MRSA can cause a variety of problems ranging from skin infections and global body/blood sepsis to pneumonia.

The National Institutes of Health (NIH, 2016) reports that illnesses like MRSA and Clostridium difficile (C. difficile) are now rampant in hospitals causing death and illness to patients there for treatment.

- Clinical blinders in specialization:

The blind men and elephant describe the non-holistic attitude by specialists toward a patient (the elephant)

who is being treated like a set of individual parts, not a whole person.

For example, if a patient is seeing a psychiatrist, an oncologist, and an internal medicine doctor,

they may not know what each other is doing treatment-wise. This can lead to horrendous side effects, over-medication, and adversely synergistic effects of several medications being prescribed by several different doctors for one patient.

To counter this, insist on “therapeutic alliances”

or open communications and patient notes between all your doctors no matter what part of the body they specialize in,

and be very clear and honest about ALL medications you are taking, including herbal, supplements, vitamin mixes, or over-the-counter medications.

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Financial stress

The current for-profit health care system in the U.S. is too expensive, and unsustainable.

It is creepy to profit from the illness of others, and a major illness should not force people into bad credit or bankruptcy

—especially when one may be unemployed due to an illness.

Problems include insurance that does not pay fully, co-pays, and many tests are not covered.

Also: Many expensive prescriptions are not covered by insurance

An example from my case is that I now have horrendous debt caused by high co-pays and expenses not covered by insurance.

While the Affordable Care Act tried to make health care more accessible, it falls far short of making health care affordable for Americans.

Expenses continue to rise, and it is an unsustainable approach to the nation’s health care.

I do not really have solutions for the financial stress of illness in America.

—it is beyond the control of the patient.

One small help point is that most health care corporations will work with you before going to collections, but they will extract their money in the end.

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You may find this hard to believe (I know I did) but doctors and staff do not recognize the importance of nutrition in treatment.

Your body takes a real beating fighting disease and accommodating toxic medications.

There is nausea, vomiting, diarrhea, fatigue, lack of appetite during many treatments.

The brain becomes loopy from lack of nutrition, there is muscle-wasting, something that happens when the body runs out of fat and starts burning muscle (including the heart) to counter malnutrition caused by medical treatment.

In my case, I became so malnourished that I only had maybe 3 hours of energy a day,

and my brain stopped working— reading and sitting at the PC became impossible because my brain simply wouldn't work due to malnutrition.

I was trying to stay in school, and I could not understand what I was reading.

If the brain isn't working, it stops running the body, and cognition and emotions slip out of control.

The depression that set in was extreme.

One doctor wanted me to start nutrition infusions, often referred to as “Meyers cocktails”,

this is an intravenous taking of vitamins, amino acids, nutrients that go directly into the bloodstream,

by-passing the gut, which is a mess due to treatments and cannot absorb nutrients.

However, the hospital administration (for-profit corporation) and medical science do not recognize vitamins as treatment for malnutrition.

I'll repeat that:

Medical protocol does not accept nutritional infusions as a treatment for medically-caused malnutrition.

So I had to find a holistic medicine professional with licensing to administer intravenous nutrition

—and I had to pay for vitamin shots out of pocket .

To this day I still get them weekly, because my gut has been damaged by medications.

The amazing thing to me is that medical doctors do not believe in vitamins. Well, when you are in chemotherapy, radiation, or you have a gut problem, the food you consume doesn't matter

because you throw it up, have diarrhea, and/or the gut cannot absorb nutrients.

So if you start having this issue during treatment, seek out a naturopathic physician

who can legally administer a Meyers vitamin cocktail customized for your needs.

Let's discuss cannabis, briefly.

Cannabis is an excellent medicine for nausea and lack of appetite during an illness.

So if you live in a state where you can legally get it, it can help with treatment. But one caveat: get the edibles or oils/tinctures, smoking weed is probably bad for your lungs despite what pot advocates say. >eyeroll<

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We have briefly mentioned medications and procedures that adversely affect brain, cognition, emotions, such as chemo, radiation, surgery protocols: The Washington Post (2012) reports that many people are now choosing to live with cancer

rather than treat it with aggressive protocols.

It is a quality of life issue—

I certainly won't undergo medical mistreatment again.

I suggest listening to or reading "The Last Lecture" by Randy Pausch, that addresses quality of life issues.

Let's look at other treatment medications that have iatrogenic or adverse effects on the body.

Narcotics have been in the news a lot lately and while there seems to be an epidemic of narcotics abuse in the USA,

patient pain management is now being pushed aside for drug laws and enforcement.

Perhaps if Big Pharma wants to make a windfall profit,

it can develop pain medications that aren't addictive

and that don't cause liver or organ failure (like Tylenol, Ibuprofen).

I am sorry to say that I became chemically dependent on morphine.

When I asked to be hospitalized for withdrawal,

the doctors and staff treated me like a criminal,

cut off my prescriptions,

and I was left to cope with opiate withdrawal on my own.

I could have swallowed my tongue during the withdrawal convulsions,

and should have been under care, including hydration and supervision.

Instead I had to experience, on top of my illness,

severe and violent withdrawal.

If you haven't experienced opiate withdrawal, it really IS as bad as people say:

Like "Trainspotting" and "The Exorcist" rolled into one awful experience.

It lasted about 4 weeks,

and afterwards I was so depleted that it set back my disease recovery by six months.

I am furious that the drug I was prescribed (I never bought illegal opiates)

was yanked from me by cruel, inconsiderate doctors and staff, who then left me to fend for myself.

Let's discuss those new drugs, the "biologics" such as Humira. They work by suppressing the immune system. Folks, we are on the event horizon of a world where antibiotics will no longer work, and patients will start dying from sepsis and infections. Biologic medications work by suppressing the immune system, making way for opportunistic infections, parasites, fungal disease, and viruses. Certainly there are patients who can benefit from biologics, however Big Pharma pushes biologics like Humira to treat everything from arthritis to Crohn's disease, and doctors are again, like with antibiotics, indiscriminately prescribing large doses of biologics that can cause serious health problems for patients.

Steroids: The overuse of cortico-steroids (not anabolic) can result in adrenal failure, hormone failure, new and increased allergies, lack of temperature regulation, and massive water retention (not fat—edema). One doctor put me on a three-month high dose of steroids, and now I have complete adrenal gland failure. One year later, I have a puffy moon face and I look like Orson Wells in yoga pants (none of my clothes fit any more). Steroids, biologics, ALL of these medications can adversely affect mood, cognitive reasoning, and emotional regulation.

The depression and suicidal thoughts after a year or three of illness and medical treatment can be overwhelming. In my case, this time last year I was so malnourished and over-medicated, that I decided to take my life. It simply wasn't worth living any more. The only thing that saved me was that I was so brain-addled from medication that I had the gun but I couldn't remember where I stored the ammo. I went to hospital the next day for a mental "vacation". New DEA laws make psychological relief of any kind impossible now: Sedatives, or benzodiazepenes, such as valium and clonopin are now being pulled from patients who have tremendous PTSD, anxiety, and who need some way to calm themselves when "yoga breaths" just aren't enough.

I mentioned cannabis earlier, and I have never been too keen on it. But when my last hope for staying calm during my health care crisis was taken away (clonopin), I started taking cannabis edibles, and it really helped me calm down and get some good sleep for the first time in years. [2016/06/18 11:58] LV (lorivonne.lustre): CC: Lack of sleep during illness is the worst part. You can't heal if you can't sleep.

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We've gone over a lot of material today,  
and I'm not sure I've offered many solutions.  
But the takeaway here is that as a medical patient facing a serious illness,  
you have to be strong to get through the stress of it.  
Prepare now, not when you are sick, to be the "impatient patient" and demand  
that health care providers act ethically, and compassionately.  
America has a health care system that is geared to crush the patient's soul,  
and empty their wallet.  
The patient is truly "last" in the corporate push for profits.  
Medical doctors are great mechanics, but terrible humans:  
They can fix a broken leg, but never see the whole patient.  
Start now by establishing yourself as a patient of Naturopathic Medicine (as  
an add-in to care).  
Naturopaths are rigorously trained in medical science,  
and can prescribe medication, administer intravenous and injection therapies,  
and many other therapies  
—the difference from traditional medicine is that they treat the whole patient,  
not just parts.  
If you are ill and receive crappy care, turn to complain on Yelp and social  
networks.  
Like me you'll probably get a call from a clinic administrator (business person)  
and you can state your dissatisfaction, and quote them the Hippocratic Oath.  
The Hippocratic Oath is not just "do no harm",  
it is a long ethical statement about caring for the well-being of patients.  
You can read it yourself at:  
<http://www.pbs.org/wgbh/nova/body/hippocratic-oath-today.html>  
Hippocrates is quoted as saying,  
"Wherever the art of medicine is loved, there is also a love of humanity."  
In modern healthcare this oath has been ignored and pushed aside.  
And there I end it.  
Do we have time for questions?  
Thank you for being here today, and feel free to contact me at any time:  
[colleen3k@gmail.com](mailto:colleen3k@gmail.com)

[2016/06/18 12:02] LV (lorivonne.lustre): CC: I have not felt the love. I did not  
feel that I mattered.

I did respect healthcare professionals... I no longer do.  
Questions?

[2016/06/18 12:02] MatildaMoontree: We need people like you speaking up

[2016/06/18 12:02] Cora (cora.heslop): QUESTION: do you think it's possible  
to not know you have PTSD?

[2016/06/18 12:03] Carolyn Carillon: CC: Yes, absolutely  
Prior to this illness, I had a huge problem with PTSD

But I didn't know  
I wasn't in the military  
I was misdiagnosed with bipolar  
But it's possible to think that you don't have PTSD  
I'm not a fan of Google  
But there are some standard tests you can take that can tell you if you have PTSD  
[2016/06/18 12:03] Cora (cora.heslop): I've lived with chronic anxiety so long, I don't even recognize it....I suspect PTSD sometimes, but the symptoms blend or hide so much...  
[2016/06/18 12:03] Carolyn Carillon: CC: Cora, that's true  
It's hard to tell the difference  
But they are different  
There are different medications  
Protocols  
So by getting a misdiagnosis  
It got worse

[2016/06/18 12:04] Gentle Heron: factors that need to be considered by our policymakers.

QUESTION: I've read that the "blame the patient" syndrome is worse in the US because of our early history of Calvinistic religions. Do you think these issues you've identified are more common in the US than elsewhere? (Calvinism believes that God loves some people more than others, and makes this obvious by providing benefits. Suffering and poverty are seen as signs of sin. This was meant to encourage folks to strive to succeed.)

[2016/06/18 12:05] Carolyn Carillon: CC: Yes I do

Let's say among industrialized countries  
I lived in the UK  
I experienced the National Health Service there  
I found it nice  
In America, there's a puritanical strain  
If something goes wrong in your life, it must be your fault  
If you're aware of this dialog  
You'll start catching yourself  
You're more sensitive to that  
It's not a person's fault that they get sick

[2016/06/18 12:06] TOTALLY GORGEOUS (blissskyfall): Oh yes, I got yelled at because I had double vision. I was yelled at by a doctor because I wouldn't have an operation which most children have. I've got MS and live in the UK

[2016/06/18 12:06] Carolyn Carillon: CC: I see people who get yelled at by doctors.

It's a violation of the Hippocratic Oath

[2016/06/18 12:07] TOTALLY GORGEOUS (blissskyfall): thank you

[2016/06/18 12:07] Carolyn Carillon: CC: Be an impatient patient

[2016/06/18 12:06] MatildaMoontree: Then there's the new age spirituality faction that also blames the patient

[2016/06/18 12:07] Carolyn Carillon: CC: Yes

[2016/06/18 12:07] Roxie Marten: I have learned three words which work well with doctors: "You are fired"

[2016/06/18 12:07] Carolyn Carillon: CC: I was hardcore on the side of traditional medical science

But naturopaths were the only people who could provide the nutrition for me to keep going

[2016/06/18 12:07] MatildaMoontree: I have great respect for naturopathy

[2016/06/18 12:07] Cora (cora.heslop): I've about given up medical help for my physical and cognitive issues...got tired of being blamed, and going bankrupt for nothing.

[2016/06/18 12:07] Jadyn Firehawk: BRIEF COMMENT: in all fairness I just want to say that there are "conventional" doctors who do indeed advocate for the patient, see the big picture, and provide good care. Maybe a small percentage but we do need to see that they are there and "fighting the good fight"

[2016/06/18 12:08] Carolyn Carillon: CC: Jadyn, I had some good doctors but these ones were very very bad

[2016/06/18 12:07] Ruby Vandyke: QUESTION: In trying to find a good Naturopath, what credentials do we look for? Some sort of certification?

[2016/06/18 12:08] Carolyn Carillon: CC: Yes there is (a certification)

There is a national association for naturopathic doctors

There is certification

[2016/06/18 12:08] Ruby Vandyke: okay, thanks!

[2016/06/18 12:08] Roxie Marten: I am a science geek, I want that study from John Hopkins. Naturopaths sounds like voodoo to me.

[2016/06/18 12:08] Carolyn Carillon: CC: I'm sorry. I should have provided that.

Roxie said that naturopaths sound like voodoo

It sounded like that to me too

But I was dying

Because of malnutrition and the treatments

One doctor wanted to give me the nutritional treatments

But was banned by the hospital

I needed to find a naturopath

Who could give me the injections

So I could survive this illness & the treatment

[2016/06/18 12:08] LS (ladyslipper.constantine): I have very good doctors who communicate with each other re meds and treatment

[2016/06/18 12:09] MatildaMoontree: they (naturopaths) do more solid medicine than much of western medicine

[2016/06/18 12:09] Cora (cora.heslop): my chiropractor...a kind of "naturopathic" doc...has done more for my neuropathy than all my docs put together.

[2016/06/18 12:09] Jadyn Firehawk: Yes, a terrible situation, and I certainly don't mean to diminish it

[2016/06/18 12:10] Carolyn Carillon: CC: I'm sure I missed some questions here

[2016/06/18 12:10] MatildaMoontree: <http://www.naturopathic.org/> that's the association

There are only a few accredited schools. And some that are absurd.

[2016/06/18 12:10] TOTALLY GORGEOUS (blissskyfall): I've swelled up with steroids

[2016/06/18 12:10] Carolyn Carillon: CC: I don't want to admit that I've been sick

but I want to share to help any of you who are dealing with medical problems right now

[2016/06/18 12:10] TOTALLY GORGEOUS (blissskyfall): well thank you

[2016/06/18 12:10] Carolyn Carillon: CC: maybe it's just me but it's pretty hard on people psychologically and emotionally

[2016/06/18 12:10] Ruby Vandyke: We appreciate your sharing about your own situation, it helps all of us to learn

[2016/06/18 12:10] Shyla (krijon): I have been forced to withdraw from medications twice due to confusion about laws between pharmacies (who usually get it right) and doctors (who often prescribe without considering the tedious requirements). In addition, I was over prescribed a medication which caused additional heart issues, so I know what you are saying is true. I suggest folks do make use of websites prior to taking new medications and really understand the possible consequences. In addition, I have dropped doctors who 'blame' me. I know I do the best I can to comply.

[2016/06/18 12:11] Carolyn Carillon: CC: There's a good question here from Krijon

about being forced to withdraw from medications

There it is

It's very mixed up

The patient is getting pushed aside because of corporate concerns

Don't punish patients because people are abusing prescription drugs

Would it be ok to be a functional morphine addict

You can function highly

But you have to keep taking them

And if you want to get off it

medical professionals should help

You can become physically dependent

but there's nothing wrong with being dependent

You just need to keep getting the drug

[2016/06/18 12:12] Dhira Giha: QUESTION: If we develop a program to train people with disabilities on health self-advocacy, what should it cover?

[2016/06/18 12:13] Carolyn Carillon: CC: It should cover the things we've talked about here

The previous speaker was very interesting

Maybe I just had a uniquely bad experience  
Having your doctor as a partner in your care  
to advocate for you  
I had a doctor who was advocating for me  
but he was told no by the hospital  
So I had to go outside medicine  
Being an advocate means you have to ask questions  
They'll give you the psychological tests  
They'll dismiss you  
But I would love to put together something to advocate for patients  
Remind doctors about the Hippocratic Oath  
You have to take a stand  
I hope I answered that question  
[2016/06/18 12:14] Roxie Marten: First step is get a doc who listens, don't  
listen, they go

[2016/06/18 12:15] Gentle Heron: One of the scariest books I've read lately  
(nonfiction) is Bottom Line Medicine: A Layman's Guide to Evidence-based  
Medicine by Richard Stanzak. He shares evidence about the factors Anya is  
describing. See if you can find it. Read this book before it happens to you.  
[2016/06/18 12:15] Carolyn Carillon: CC: That sounds like a good book,  
Gentle

[2016/06/18 12:15] Roxie Marten: VAI attended a talk by the Mayo Clinic--  
they said "if you deal with a chronic condition, you probably know more than  
your doctor"  
[2016/06/18 12:15] Gentle Heron: Yes Roxie!  
[2016/06/18 12:15] Carolyn Carillon: That's a good quote from the Mayo  
Clinic

[2016/06/18 12:15] Jadyn Firehawk: not just ask questions, but also not be  
afraid to say "no, NO steroids" ... or whatever .. to your doc  
[2016/06/18 12:15] Carolyn Carillon: CC: Ain't that the truth!  
I wish I'd said no to steroids  
but I wanted to get better  
I was vomiting every day  
That can't be good for you  
But I was told to keep taking it  
When my adrenal glands failed  
It's been a year  
And ... you know ...  
It's not worth it either to file a malpractice suit  
because the lawyers get all the money  
I'm sorry everybody!  
I'm still recovering  
so I'm a bit bitter  
[2016/06/18 12:16] Orange Planer: Don't apologize. You've had a really  
horrible experience.

[2016/06/18 12:16] Shyla (krijon): I think this is far more common than anyone realizes - we need a healthcare revolution (smiles)

[2016/06/18 12:16] MatildaMoontree: QUESTION: Is there a group in SL to discuss/support on these issues?

[2016/06/18 12:17] Carolyn Carillon: CC: Matilda, I'd like to have talks at the sims again

But I had to stop because I was sick

Stay in touch with me

Virtual Ability always has some great meetings & support

[2016/06/18 12:17] Gentle Heron: Matilda, Anya used to present on Healthinfo Island

until she got sick

[2016/06/18 12:16] TOTALLY GORGEOUS (blissskyfall): I was sent for a v ooaubfyk [sic] test

I was given electric shocks on my nerves

I said to the nurse, why didn't you tell me it was going to hurt, and she said you never asked

[2016/06/18 12:17] Gentle Heron: oh Bliss!

[2016/06/18 12:17] Orange Planer: That's mean.

[2016/06/18 12:18] TOTALLY GORGEOUS (blissskyfall): That was horrible

[2016/06/18 12:17] Carolyn Carillon: CC: There's an example of that rude treatment

I said to a nurse "why didn't you tell me that was going to hurt?"

She said "you didn't ask"

I'm just asking for some common courtesy

If you're going to cause me pain, just let me know

so I'm not surprised

[2016/06/18 12:18] TOTALLY GORGEOUS (blissskyfall): That's what i said

It hurt a lot, but then electric shocks on your nerves would

[2016/06/18 12:18] Carolyn Carillon: CC: I hope this is ok

That it doesn't come off as me complaining

I see others having the same problems

And it takes such a toll

[2016/06/18 12:19] TOTALLY GORGEOUS (blissskyfall): You're not complaining, I could complain

[2016/06/18 12:18] Ruby Vandyke: QUESTION: Do you have a group we can join Anya?

[2016/06/18 12:19] Carolyn Carillon: CC: I was having group meetings regularly

I'm getting back online with those

Virtual Ability has some great resources

I don't want to make it about my group because it's been offline for a while but I'm going to try to have support meetings

We don't just deal with PTSD

We deal with all kinds of stress  
If you're someone who's dealing with illness or mental illness  
Your family needs support too  
Stay tuned  
Friend me  
I'm still recovering  
Yes, it's certainly traumatic

[2016/06/18 12:21] LV (lorivonne.lustre): [12:20] TOTALLY GORGEOUS:  
You mean I've got PTSD

[2016/06/18 12:21] Carolyn Carillon: CC: The criteria for PTSD ...there's a whole criteria

But any stress

When you're dealing with an illness, lots of doctors, stress stress stress

[2016/06/18 12:21] ♡ Anya ♡ (anya.ibor): CAPS-5 test for PTSD

[2016/06/18 12:21] Carolyn Carillon: CC: Seeing someone who can administer the CAPS-5 test for PTSD

That's the gold standard for PTSD testing

[2016/06/18 12:22] TOTALLY GORGEOUS (blissskyfall): ok

[2016/06/18 12:22] Carolyn Carillon: CC: Get that test administered by a licensed practitioner

Any stress is bad when you're trying to get well physically

Stress slows your immune system

The HPA axis becomes out of whack

And compromises your ability to fight illness and affects your medication

[2016/06/18 12:22] Cora (cora.heslop): I read once: "PTSD is a normal response to an NOT-normal situation."

[2016/06/18 12:23] Gentle Heron: Well said Cora.

[2016/06/18 12:23] Carolyn Carillon: CC: PTSD is a normal response to an abnormal situation

Just google PTSD

And you can find APA DSM-5 PTSD

[2016/06/18 12:23] ♡ Anya ♡ (anya.ibor): APA DSM-5 PTSD - Google it

[2016/06/18 12:23] Carolyn Carillon: CC: That will tell you what the criteria is

[2016/06/18 12:23] TOTALLY GORGEOUS (blissskyfall): As my husband just said my memory is like Swiss cheese

I forget stressful things really easily

[2016/06/18 12:23] Carolyn Carillon: CC: Any other questions?

[2016/06/18 12:24] MatildaMoontree: Thank you so much

[2016/06/18 12:24] Anya Ibor: Thank you again for your time!

[2016/06/18 12:24] Carolyn Carillon: CC: Thank you everyone

[2016/06/18 12:24] Lei Pari (leipari): ty Anya

[2016/06/18 12:24] Ruby Vandyke: Yes, thanks for the great info, I learned alot!

[2016/06/18 12:24] LS (ladyslipper.constantine): Great subject too. Thank you!

[2016/06/18 12:24] Jady Firehawk: tyvm Anya!

[2016/06/18 12:24] TOTALLY GORGEOUS (blissskyfall): thank you, you were great

[2016/06/18 12:24] Carolyn Carillon: CC: Big hugs for everyone  
Thank you

[2016/06/18 12:24] Gentle Heron: There are also displays and exhibits on Healthinfo Island to our west on these topics.

Thanks Anya. Nicely done.

[2016/06/18 12:24] LV (lorivonne.lustre): <<transcription ends>>