

Walter's Painful Tale

So I used to be a professional bicycle rider, I've ridden hundreds of thousands of miles. As I aged I began to feel aches and pains, which I always associated with too much bike riding or too much work.

It eventually got to the point I started getting scared that something was actually very wrong with me. I was always fatigued; my bones, joints and muscles always hurt, not just any hurt but painfully hurt.

I recently systematically made a point to define what the problem was by seeing doctors. I started out with my normal family practitioner to get blood panels and allergy panels. I moved on to the specialist because my sister has Crohn's disease and a myriad of other problems that go along with this. Therefore my assumption was that I may have these also. I did the normal gastrointestinal tests of a colonoscopy and endoscopy. I had many x-rays and multiple MRI's. I was then referred to a rheumatologist at which point he did his test as well. All in all I ended up with 16 doctor visits. To no avail. They all had zero explanation for the pain that I was enduring. Out of the treatments only one drug stood out to this point to help at all, which was Celebrex.

Along the way I was diagnosed with mild rheumatoid arthritis, degenerative disc disease, fibromyalgia, IBS and the possible ankylosing spondylitis.

The only helpful thing to this point was they all told me to focus on my diet and eating habits. As per the endoscopy, it was definite my gut was inflamed. Which simply led me to a gluten-free diet, which absolutely helped me, but the pain did not cease.

These doctor visits took about four months back to back.

My wife always tells me that I have A.D.H.D and I'm sure that I do. She asked me if I would like to try our middle son's A.D.H.D medication not thinking of my pain but more of my brain and more just to keep thoughts together and not be so random as work was piling up as was my level of anxiety. I agreed and one morning at 8 AM took one single 10 mg pill of methylphenidate.

Now what happened next in the period of about one hour was simply unbelievable to me. Not only had I calmed down and was not so anxious but every single joint, muscle, bone, disc, and vertebrae had no pain. Gone simply. No pain.

This pain-free episode lasted for a solid month. I noticed the pain little by little eventually coming back at this point. I did not let it get to the point it was previously and took another 10 mg methylphenidate. Literally 45 minutes later the pain was once gone again.