My Back Pain Saga: Insurance Hoops, Advocacy & Victory

A breast cancer survivor, I lived with intolerable back pain for five years. When I sought help, I was dismissed and fat-shamed. But now … a celebration!

October 27, 2022 By Megan-Claire Chase

This video (see the link below) is longer than usual because I'm trying to cram in five years of what it has been like living with intolerable back pain and all the insanity that came with it — the insurance hoops and having my pain dismissed over and over and over again truly crushed my spirit.

So, to celebrate my victory, I'm wearing this fabulously HUGE fascinator that is a gift from a friend. Watch my video for the cliff note version of my back pain saga.

I FINALLY had time and energy to record a cliff note version of my 5-year back pain saga which ended with a nerve ablation. If you want the deets, then watch below!#backpain #chronicpain #advocacy

My Back Pain Saga: Insurance Hoops, Advocacy & Victory https://t.co/AJygssc4O8

— Megsie (@warriormegsie) October 14, 2022

I'm pleased to say my pain level is at a steady three, which is a bloody miracle! I haven't had pain level this low in 5 years! I got extremely emotional last weekend and earlier this week just thinking about ALL I have endured because sooo many specialists dismissed my pain and fat-shamed me.

The amount of advocacy I had to do to get to this moment is unacceptable for anyone!

All I want to do is sleep. My body is trying to catch up on five years of horrific sleep. Painsomnia is real and squashes quality of life. I honestly don't know how I've been able to maintain everything professionally and personally with severe sleep deprivation. This nightmare has definitely aged me internally and externally.

Aside from getting the nerve ablation, one of the best things to happen is sleeping deep enough to dream and wake up without crying. People have told me that I don't look like I'm in pain. Well, that's why it's called an invisible illness. Now that I finally have real back pain relief that will hopefully last for at least a year, I can now focus on my fibromyalgia and neuropathy pain.

Living with chronic pain can turn one into a shell of themselves. Plus, I'm single and have to do many things alone, which adds to my pain and stress. I honestly don't know where this natural resilience stems from, but it somehow keeps me pushing forward. The smile on my face today is genuine and feels AH-MAZING!

Until next time,

Warrior Megsie

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