

Quack Doctors – Take Two

Just a little update to let you know my mouth is finally feeling better and yesterday I was able to indulge in food and got to actually enjoy the feeling of being full for the first time in an entire week. No thanks to our local doctors, though, my husband made me some sort of concoction from stuff we had around the house that I swished around in my mouth. I don't know if it was coincidence or if that's what finally did the trick, but all I have to say to the doctor's \$300 mouthwash is **HMPF!** And it should be noted that we went to the doctor's office again yesterday and sat there for an hour and half waiting for the doctor whom they said was out to lunch. I didn't want to pay to be seen again, but I wanted him to change my prescription to something that would help me and that I could afford. Finally tired of waiting, we left with the nurse's promise that she would call me as soon as he got back from lunch, but they never even bothered to call until this morning when I was finally feeling better. Rude isn't even the word for this, I was in agony! And all that after 3 different nurses and Walmart told us like 5 different ways they could help me, none of which turned out to be true. As my husband put it, it seems like at this medical center, the right hand doesn't know what the left hand is doing! Kind of sounds like another local organization we've worked with, but that's another blog...

I'm a bit concerned that this canker sore problem is something that I might have to deal with from now on in my old age. Even though we think this latest canker sore outbreak was caused by hand, foot, and mouth disease, the doctor shrugged off our internet diagnosis since it's so rare in adults. So if he's right and it was just canker sores, it might be something that I'll have to deal with every once in a while, especially since it seems to be a hereditary problem! Let's hope not – my family can't handle the stress of anyone else

being sick!

On a side note, please pray for my little nephew who was admitted last night into the hospital with croup. I'm praying that he gets well and that it's not H1N1 and that none of the other kids he was playing with (his brother and my kids!) last weekend get it. I'm really really hoping we can dodge some bullets this flu season since there are six of us, thus six open doors for viruses to come into our household. But for now, we're hanging tough (groan!) and ready to party this Halloween weekend. Don't worry – I plan on getting the house scrubbed down for all of you coming to the Halloween party! Can't wait!

Quack Doctors

I know I promised to stop whining about my sore mouth, but it's amazing how little focus I have for other things when I'm not eating – all I can think about is pain and food, but sometimes I think about food and pain. The good news is that today when I woke up, the pain was loads less than yesterday. Today marks the first day of improvement since this thing began last Tuesday. But there is also bad news.

Even though I was feeling better, I decided to go to the doctor because this is totally and completely interfering with my daily life. I can't really talk, and it's really hard to chat with, guide, or discipline my kids throughout the day without being able to talk loudly. I can't eat, and I can't drink without pain, so my energy level is very low. So the bad news? The doctor told me it was canker sores after only looking at my tongue. He prescribed me "Meyer's Magic Mouthwash", a concoction listed on a piece of paper unlike any

prescription I've ever seen. It looked like a cooking recipe, and my name was scribbled on top and the doctor's on the bottom. I should have taken a picture of it, but I was so anxious to get it filled. The pharmacist used a word that I can't recall at the moment, but she basically meant that they were going to have to brew it up like a potion. It was going to take a few hours, at least.

I got through the day, made it back over to pick up the medicine where I learned that it would be \$308 and insurance wouldn't cover it of course. Needless to say, I am not going to buy \$300 mouthwash! I'm angry that the doctor shrugged off the internet diagnosis without so much as a look or a test for hand, foot, and mouth disease. I'm mad that he didn't give me anything for the pain and that the medicine he did give me costs so much. What a waste of time and money. I had better things to do today than to sit at the doctor's office – and who knows what else I picked up.

That reminds me, when I was at Walmart today stocking up on my favorite meal as of late, Equate shakes, I saw a lady wearing a medical mask. I wonder if she was trying to keep something to herself or trying to keep other viruses away? I wonder if mask-wearing will become more common as this swine flu business becomes even more serious?

Outbreak

The flu season is upon us, and it's obvious. In our family, we are teetering between two outbreaks of illness. Last week, it was hand, foot, and mouth disease (not to be confused with its fear-provoking counterpart, foot and mouth disease, which is only found in animals). The kids had little bumps on their

hands, and a general feeling of being unwell, known as malaise as I learned on the internet. This is an extremely common (in children anyway) viral illness that usually runs its course in most kids. When my mouth erupted in sores last week (it's like having 10-20 large canker sores at the same time), I was shocked because it's supposed to be very rare in adults. We contacted 3 different health professionals to make sure that our trip to Illinois could go on as scheduled, and they all assured us that if there was no fever, we were not contagious. We ventured across the state of Indiana, and I don't know if I was more fearful of what we were bringing with us or what we were going to take home, what with the many recent flus reported in Illinois and elsewhere, H1N1 and otherwise.

More on the really great parts of the trip in the next blog post – I need to get this out of my system so to speak, haha – a sick post and a fun post. So for the sick part...

My husband woke up today feeling awful – the flu. My morning started pretty much like the past 2 or 3 mornings now – tremendous pain in my mouth, worse than the day before. One of my favorite things about visiting the Chicago area is the food – despite the city's drawbacks: the aggravating traffic, the inflated prices, CROWDS; Chicagoans do have a talent for their intolerance of crappy Sysco food – ie, Chicago food is fantastic! Last week, anticipating our upcoming trip, I remember thinking that it was only Wednesday, surely my mouth would heal by Friday so I could indulge in some of my favorite Chicago treats. But alas, Thursday's pain was worse than Wednesday's, and Friday's was worse than Thursday's. Actually, as I said before, it's gotten worse every day since it started. Somehow, I was miraculously able to enjoy my [Italian beef sandwich](#) Friday night, but pain-wise things just went downhill from there. We had a wonderful breakfast at the [Uptown Cafe in Arlington Heights](#), quite possibly the best breakfast restaurant *in the country*. They have the best eggs

benedict I've ever had, but unfortunately I came very close to sinfully wasting my eggs benedict when I could not eat them (let alone carry on a conversation with relatives) without my eyes watering from the pain in my mouth. My little boy saved me from wasting half my order (I knew I should have gotten soup or at least a half order of eggs benedict, but I literally could not resist – we get to this place less than once a year!) – but my toddler ate *half* my eggs benedict – he is his father's son!

The weekend ended with my sister making us wonderful homemade lasagna, of which I had about 5 small very painful bites. I did not try any of the appetizers, the steamed vegetables, the salad, the garlic bread, or any of the desserts ☐

I also did not get my usual crave case of White Castle cheeseburgers to bring back to Ohio, although generous relatives supplied us with some Chicago beef for sandwiches, homemade soup and Grammy's out-of-this-world homemade spaghetti sauce, all frozen and ready to be thawed as soon as I'm better! Talk about something to look forward to!!!

We ventured home at 2 am this morning, and arrived safely, however painful (and tiresome for my husband) the ride home. And a special thank you to Officer Friendly of the Ohio State Patrol, who did not issue even a warning for my husband's "hovering around 60 in a 55." I'm glad he seemed to take the 4 sleeping kids and the grumpy wife in the passenger seat into consideration – this police stop was completed very quickly and only blocks from our house.

This morning I awoke in a lot of pain, and it's gotten worse throughout the day. I think if it continues its trend and gets even worse tomorrow, I'm going to have my husband call the doctor to make an appointment. I am so thankful that my kids seem to be over it, and as horrible as it's been for me, I'm still happy I got the most of it in the family. I pray for my husband, and I'm really nervous about swine flu, but he seems to be feeling better, unless he's just putting on a

braver face than I. This illness for me has been characterized by bouts of severe pain sandwiched between constant regular pain. In the past hour, twice that I've talked brought on the most severe bouts of pain and was enough to make me start typing on the computer and making my husband read it in order to communicate. Whatever works, it's amazing how easily the threat of tremendous pain can train a person to keep her mouth closed (like [Pavlov's dog](#)). My husband joked that it's the "shut-up disease". That brought a smile; it doesn't hurt to smile – just the talking, eating, drinking, and sleeping. And that reminds me, being in constant pain has made me an insomniac. I couldn't sleep in Illinois at our hotel and ended up listening to an hour-long Larry King interview with Suzanne Somers – even that did not put me to sleep. Did you know that Suzanne Somers never actually had cancer even though 4 different doctors told her to get her affairs in order because they had mis-diagnosed her? That's a tangent that doesn't need to be taken...

Well, anyway, that's enough from me for now. Sorry about the rambling, but this really sucks, and typing is my voice right now. Hubby is watching the Bears game, so it'd just be rude of me to constantly interrupt by making him read my ramblings. I wish I could take care of my husband while he's sick, but for now we're helping each other. Let's really hope this gets better – if I have to go to the doctor, I can't tell them what's wrong with me because I can't talk, and I don't really want to bring my family with me to the doctor's – who knows what else we could get?!? I guess I'd have to write a note, but I feel kind of silly...

A real Halloween horror treat tonight would be for us to watch the movie [Outbreak](#) – now that's just T00 scary!!!

At least we have a good part of a week to whip these things and get ready for fun Halloween activities abound next weekend! Super-fun blog post about the awesome parts of the Illinois trip – including haunted house ratings! – to follow

this depressing post, I promise!