# Medical history

## Chronology

**Dec 26-27 2017** - Loose motions. Feeling cold in office AC. Got treated for loose motions. Did not get well. CBC report showed drop in haemoglobin.

Second consecutive report showed further decline in haemoglobin. Urine routine test showed proteins leaking in urine.

**Dec 28, 2017** - Got Sonography done of abdomen. Kidneys looked shrunk. Got admitted to a hospital under supervision of a nephrologist. Blood test came out with creatinine of 15 and blood urea nitrogen levels very high along with other toxins in blood.

Immediate operation was done for inserting catheter for dialysis the same night and dialysis began. Since it was all of a sudden, it was considered to be acute failure.

**January 6, 2018** - Got biopsy done for kidney. Report came on 14th and it showed chronic kidney disease -glomerulonephritis. It was considered to be an auto-immune disease - IgA nephropathy. All different opinions from top nephrologists from Mumbai confirmed the same. Both kidneys had simultaneously got diseased and stopped working.

**January mid 2018** - Got operated for fistula in left hand. Dialysis started from fistula mid Feb. Meanwhile it was done through catheter from neck.

**January to April 2018** - Constant high fever, infections and severe edema. Urine stopped completely. Dialysis continued. Took all possible antibiotics almost daily through IV.

This included Vancomycin, Amikacin, Colistin. Started having continuous UTI (urinary tract infections) and took almost 4 months to get treated with such heavy antibiotics.

Veins in hands collapsed.

For haemoglobin - erythropoietin injection was taken once a week.

The UTI bacteria strain was resistant to all antibiotics in culture tests except Colistin sometimes. Colistin had a lot of bad effects on health.

Could not walk. Eat. Constant diarrhea, sometimes up to 25 times a day with vomiting and nausea. Water intake limited to 1litre per day. Salt intake stopped.

Blood pressure (Renal hypertension) - On an average around 180-110 even after having 6 different pills to control BP.

Potassium always on the higher side with a constant risk of irregular heart beating potentially causing heart failure.

Creatinine always remained 10+ even with dialysis.

**April to mid July 2018** - Did all formalities for kidney transplant, mother being the donor. Fever subsided. Had transplant on 15th July.

Immunity was heavily suppressed with Tacrolimus 8 mg a day, omnacortil 40mg a day and other drugs. Contracted a fungal skin infection in hospital that started spreading over the body.

**July 2018** - Started having fever and infections again related to UTI. Started with a flush of antibiotics immediately post transplant while in hospital. Colistin was also again started. Colistin is nephrotoxic.

**July - December start, 2018** - Colistin continued. Creatinine increased to around 3.

Skin infection worsened and covered thighs, buttocks, knees, hands and feet/ankle.

Finally UTI was treated by an experimental drug - polymyxin B. UTI was cured. Was always kept on oral antibiotic of some sorts for next 29 months.

## Auxiliary issues to kidney problems

**Skin infection** - Still continues to this day. Consulted 8 different doctors. Had all class of ozole medicines orally or in cream form - itraconazole, ketoconazole, fenticonazole, eberconazole, lulliconazole, Griseofulvin, Sebifin, Posaconazole and various other drugs. Did not improve much.

From past few weeks it has lessened and I have stopped medicines. Still haven’t cured completely as some lesions and itching is still present.

Due to long term use of steroids - I have got steroid induced striae all over my body.

Attaching photos of my arms.

**Fibromyalgia / Chronic pain syndrome** - In August 2019, I was diagnosed with fibromyalgia as I had severe bodyache for months without any apparent cause. I could not sit or walk properly and could not work well in office. As a corollary to this disease, I had fibro-fog which made me mentally foggy, slow, dizzy and confused.

For fibromyalgia, I was treated with pregabalin, gabapentin. Antidepressants like duloxetine, desvenlafaxine. Benzodiazepines like clobazan and clonazepam. Pain killers like Ultracet. It improved my conditions for some weeks and again worsened and new drugs were tried. I was tested for neuropathy and myopathy but results were negative.

I still suffer from body ache severely and has limited my ability to have free movement, exercise, walking or even sitting. It curtails my freedom.

**Sleep issues** - Since after fibromyalgia, I haven’t been able to sleep normally at all in nights. It is very troublesome. Benzodiazepines usually help with sleep and it is almost impossible for me to sleep without them now. It is cause of my major distress. No sleep increases all other sorts of problems like body ache and irritation.

**Osteoporosis** - I was diagnosed with Osteoporosis (January 2020) in all my major bones including spine, femur and neck bone. I am having denosumab injection half yearly. This will continue for 2 years to prevent further bone loss.

**Lack of energy and vitality** - I feel little to no energy throughout the day. Simple tasks seem like drudgery. I can’t focus for long or do much physical or mental work. Can’t even go out for a walk without feeling tired the whole day.

**Drugs I am taking as of 28th Feb, 2020 -**

Tacroren: 1 -- 0.5

Defcort 6: 1 -- 0

ShelcalXT - 1 -- 1

Cilacar M 10/50: 0 -- 1

Ventab 25: 0 -- 1

Clobator 10mg: 0 -- 1

Xyzal 10mg: 0 -- 1

Bepozic 10mg: 1 -- 1

Gabawin M 50: 0 -- 1

Azoran 50: 0 -- 1.5 -- 0

Ultracet - SOS