**My Medical History - Ray Walker**

**Myeloma - November 2019 – Ongoing**

*2019*

November 2019 – went to GP with backache. Took Naproxen anti-inflammatory tablets. Still same so referred for X-ray (17th December). 31 December saw Circle MSK Physiotherapist – diagnosed as compressed fracture of spine and referred to Orthopaedic consultant. X-ray mislaid so consultant wanted MRI Scan.

*2020*

Sunday 16th February 2020 had MRI Scan at Guys. Tuesday 18th February 2020 saw Orthopaedic consultant at St Thomas’s who diagnosed cancer lesion’s in spine. Requested CAT Scan and took blood samples.

Tuesday 18th February evening St Thomas’s rang – problems with kidney levels and need to go in. 11pm attended St Thomas’s A&E. Admitted to hospital.

After PET scan and further MRI they ruled out prostate cancer and other causes and diagnosed as Multi Myeloma. Bone marrow biopsy taken & Saturday 22nd February moved to Guy’s cancer ward and started chemotherapy treatment (VCD).

Friday 28th February released from hospital with treatment scheduled for clinic. Also needed Spinal team input and because of potential kidney failure the Renal team.

Spinal team eventually recommended procedure on nerves in back to relieve pain,

Kidney consultant recommended bicarbonate of sodium 3 times a day and then 2 times a day – see consultant 29th July 2020.

Velcaid chemotherapy treatment ended 3rd October 2020.

Zometa injections from 12th October 2020 until 14th December 2020.

*2021*

Started maintenance Velcaid awaiting stem cell replacement (started 11th February for 4 weekly sessions until 4th March 2021).

Guys Myeloma Consultant appointment 17th June 2021.

PET Scan on 16th June 2021 & MRI on 17th June

Bone marrow extract on 19th June

Restarted Zometa July 2021.

Started Maintenance drug Lenalidomide 2nd July 2021. Stopped from October – November for back procedure. Zometa also stopped.

Back procedure 11th October – 19th October – cancelled by consultant.

Restarted Maintenance drug Lenalidomide 1st November 2021

Restarted Zometa 14th November 2021.

*2022*

Lenalidomide paused 26th February 2022 for anaemia treatment / colonoscopy.

Iron infusion carried out on Tuesday 29th March (takes up to 2 weeks to see affect)

Colonoscopy & Gastroscopy carried out on Thursday 7th April 2022 at 11am to check absorption etc – all okay.

**Covid trial**

Bloods taken Friday 4th February 2022.

Covid vaccination scheduled for 11am Tuesday 22nd February 2022.

Participation in trial cancelled – antibodies too high (1,000)

**Stem Cell replacement 2020 – 2021**

Stem cells harvested 10th & 11th November 2020.

Went into UCLH Cotton Rooms on 15th March for stem cell replacement.

High dosage chemotherapy on Monday 15th March and stem cells replaced on Tuesday 16th March.

Went into hospital on Monday 22nd as high temperature. Sent home on Tuesday 30th with tablets – 3 months isolation. Isolation to finish on 15th June 2021.

UCLH Consultation appointment on 10th June – all okay.

Yearly appointment 21st April 2022.

**Urinary Infection – November 2018 - January 2019**

Following a trip to Las Vegas I was diagnosed as having an urinary infection.

16 November - After antibiotics a blood test showed a PSA level of 15.8. Referred to consultant who carried out examination of abdomen and testes – no suspicion of cancer. While they offered to investigate further (intrusive biopsy) it was decided to wait for a few weeks to check the PSA. Wed 23rd January 2019 it had come down to 7.6 and in July 2019 it was 3.2 (within normal range).

**Ankle – Achilles tendonitis – September 2018 - January 2019**

GP referred to consultant but dealt with Circle MSK who referred me to Physiotherapy. Went to physio until January 2019 then discharged as they said they had gone as far as they could go.

**Left Knee Athroscopy & partial medial meniscectomy – October 2017 – January 2018**

GP referred to consultant – operation in November 2017 – discharged January 2018.

**Ankle – Achilles tendinopathy – November 2011 - June 2016**

GP referred to consultant who after steroids failed after couple of months referred me to Physiotherapy. Physiotherapy lasted September 2014 and referred back to consultant. March 2015 - Continue with physiotherapy. January 2016 – some improvement – continue physiotherapy. Discharged from physiotherapy May 2016 as they said they had gone as far as they could go. Discharged by consultant June 2016.

**Carpal Tunnel Left Hand – February 2011 – August 2015**

GP referred to consultant Sunil Bajaj – following treatment with steroids an operation was done on 29th June 2015 at Queen Mary’s Sidcupd . Discharged August 2015.

**Right Knee Athroscopy & partial medial meniscectomy – August 2007 – January 2008**

GP referred to consultant Mr Orakwe – operation on 28th January 2008. Discharged June 2008.

**Left Hydrocele repair followed by Enlarged Prostrate Biopsy – December 2006 – July 2009**

GP referred to consultant following enlarged testes. Identified as Left Hydrocele repair necessary. Operation took place on 18 January 2007. Following operation PSA levels – biopsy was undertaken and no PIN or Malignancy found. PSA levels checked regularly. Discharged July 2009 as PSA level now 1.4.

**Left Knee Athroscopy & lateral release – June 2005 – December 2005**

GP referred to consultant Mr Orakwe – operation in December 2005.

**Right Foot Nerve ‘lump’ – July 2004 – August 2004**

GP referred to consultant Mr Kumar – operation to remove ‘lump’ in August 2004.