

11.21.17

Good Afternoon Zally and Dr. Mikhael,

(Zally, I don't have Dr. Mikhael's email. Could you pass this along to him? Thank you.)

I just wanted to write with good news. Today, just 7 days after the bilateral greater and lesser Occipital Nerve RFA, I am PAIN FREE. Last night I slept a full 8 hours which I have not done in over 8 months. I have not used ANY NSAIDS or pain medicine in 36 hours. Honestly, I cannot put into words the hope and ease the work you do, how it changes lives. I awoke this morning and my first sensation was quiet. When one wakes in pain every time our eyes open, one learns to dread being awake. This morning, I laid still for 20 minutes listening to stillness in my own body. It is truly why I keep moving forward, for these little pockets of ease, of normalcy and of hope.

I realize your days, like mine, are filled with dealing with pain and the effects that pain have on peoples' bodies and lives. I just wanted you to know, today, in this moment... what you do REALLY TRULY makes a difference. I feel like myself and can feel my own soul. That is so overshadowed when pain is present.

THANK YOU FOR EVERYTHING YOU DO AND EVERYONE YOU HELP. It makes all the difference in the world.

With a sincerely grateful heart,

Melissa M