

Monica

Today, OCTOBER 7, is Trigeminal Neuralgia Awareness Day and as fate would have it I am going through a terrible flare right now. I am not looking for pity or sadness, but instead trying to bring awareness to this terrible condition.

My first attack was over 19 years ago and it disappeared for ten years and then came back with a fury. The pain feels like someone is stabbing an ice pick into your ear. It's so surprising how many people describe it in the same way. I have it on both sides of my face and I've had 4 brain surgeries, and while I was afforded some relief, this disease presently does not have a cure.

This is why we colour ourselves and the world in teal on this day, every year. I have noticed that more people and more of the medical community are recognizing this rare condition. It truly means so much for example, when you arrive at an ER and they offer you a makeshift hot compress created from a surgical glove for some comfort while you wait to be seen. So today wear some teal, post a pic and let everyone know why.

