

# Vasso

## Raising awareness

Today is Trigeminal Neuralgia Awareness Day and teal is our colour of choice!

Most people have never heard of it, neither did I till I was diagnosed in 2019. It is completely life changing and most of us suffer in silence. Today is all about just starting that conversation and shedding some light on this invisible monster. So, what is it? Trigeminal neuralgia is a neuropathic pain disorder that occurs predominantly on one side of the face when the trigeminal nerve has been impaired, generally compressed by a blood vessel or brain tumor. The trigeminal nerve is the second largest to leave the brain stem (spinal cord being the largest) and is responsible for feeling sensations and functions such as talking, eating, and facial movements. Specialist throughout the medical industry have reported the pain as one of the worst known to man and there is no guaranteed cure.

So head on over to @fighting\_tn and give a little support to all those who fight TN on daily basis. Feel free to post a teal coloured shot with their hashtags, light a teal candle or be part of our virtual sausage sizzle. Or just get to the end of this post and know that you learnt something new today.