

## **Gerald's MPN Mystery Uncovered**

[gerald\\_berthelot@yahoo.com](mailto:gerald_berthelot@yahoo.com)

For the past year and a half I've been experiencing extreme fatigue, lack of energy and motivation. For a while, I thought I was experiencing these symptoms due coincidentally to a new (stressful) job I had just taken requiring long hours and physical demand. Over time my symptoms had slowly become worse without me even realizing it due to this demanding new career. My symptoms and fatigue had finally become so bad I had come to think it was the new job that was the root of the problem; so I found an administrative job and resigned from the one believed to be the source of my fatigue.

From there, I began my new administrative job and experienced some gain of energy, but still did not feel like I was where I should be with my energy levels. This is when I began a series of doctors visits trying to find a diagnosis to the source of my experienced symptoms. The general practitioner I had for a few years; thanks to a decision from her predecessor to pursue his own practice, had left me with a physician who had less than mediocre knowledge of the human anatomy. Of course, this obstacle only prolonged my diagnosis; causing me to become even more frustrated.

By having all of this take place, I finally decided I had enough. I made my mind to find a new physician to end this infuriating pursuit. I researched many physicians in the area and found one that came highly recommended by a majority of my local community. I scheduled an appointment, had my visit where she administered a series of blood panels and an EKG. After the series of tests were performed and results had been received; she had no prognosis. She did conclude that I had an abnormally high platelet count. She then referred me to a hematologist. Throughout three visits to this hematologist I had been given a series of blood labs, one abdominal ultrasound, and a CT scan. After 3 visits to this man, I was ecstatic to finally have a diagnosis after almost two years.

My hematologist was not a great resource of information in regard to diet or

medication for my newly discovered health issue. All I received from him was the suggestion to begin taking low dose aspirin. I did not find much comfort in this advice. For this, I was highly disappointed but was determined to not let that discourage me. This is when I began conducting my own personal research. Through this research, I've come to experience less severity of symptoms by consuming tahini, cherry juice, cranberry juice, garlic, onions, and a variety of other blood thinning foods/supplements. I've recently read that CBD oil can cause a decrease in platelet count, but haven't had the opportunity to try it yet.

The symptoms I've experienced so far have been hair thinning/falling out, thin skin, fatigue, weight loss, calcium deficiency, itchy skin/rash, insomnia, and brain fog/confusion. For me, these symptoms seem to worsen after the consumption of any food rich in vitamin K, gluten, or fat. Avoiding food rich in these three things have benefited me personally. Please share more beneficial practices/habits if you have any. Thanks for reading if you've made it this far!