

Hello Wanda Jones,

My name is Richard Briseno and I was suddenly struck with CFIDS in April 2005. Prior to becoming ill, I was a Dietitian and an athlete. The first 3 years of the illness I had Kaiser Permanente as my health care provider and after so many tests, I was being told it was all in my head, that I should be glad I didn't have a serious illness. In Sept 06, I became so ill I became unable to work. As a result my wife switched health insurance and I then went to see Dr John Chia, an infectious disease doctor and scientist, part of the Cigna network. After a few blood tests and biopsies, he diagnosed me with CFIDS due to a Chronic overwhelming Coxsackie B4 infection, but it took me 4 years to get the diagnosis. This is not acceptable, We need to make this illness widely understood and accepted by the medical establishment. The name CFS causes confusion to the lay person thinking one is just suffering from mere tiredness. It is far more than that, Here is what I've gone through.....

Symptoms Calendar/ How Illness began

December 18, 2004 – Severe Nausea and Vomiting came on suddenly, lasted 12 hours, no other symptoms or flu.

April 2005 – Sudden Episode of Severe Vertigo and Nausea, Vomiting lasted 3 hours

April 2005, 2 weeks later – Daily Dizziness, headache, and nausea began while at office working.

July 2nd 2005- Visit to hospital for extreme diarrhea, severe Nausea, daily dizziness, vision problems (blurry vision, “cross eyed”, shaky vision), balance problems began. Flu like symptoms with postnasal drip began. Treated with 2 weeks of Prednisone and started steroid nose spray, did not work, felt worse when I stopped taking.

August 2005 – Severe Stabbing pain between eyes on forehead, daily dizziness, vision problems, balance problems, nausea, thick postnasal drip.

November and December 2005 – Thick postnasal drip ended which began in July. Visit to ER with gall bladder pain (small polyps found). Pain similar to Acid reflux symptoms began, dizziness, balance problems, nausea, and pain between eyes headache.

Treated for questionable Pneumonia infection in lungs.

December 2005 and January 06 – 2 trips to Kaiser emergency room, due to severe acid reflux type pain, twitching throat muscles, dizziness

March 2006 – Daily NonStop Symptoms continue. Testing was negative for acid reflux, but positive for Gastroparesis.

Diagnosis Idiopathic Gastroparesis

April 2006- Acid reflux symptoms disappeared. Daily dizziness, balance problems, Nausea, and pain between eyes headache persist.

May 2006 – Muscle twitching (fasciculation's) began all over body, burning hands, hands and feet easily “fall asleep”, arthritis like pains on hands elbows and knees

(no swelling), sharp jerking shooting pains that jump around my body, severe fatigue, severe dizziness, nausea, sore eye muscles, twitching eye movements. Balance problem faded.

June 2006- trip to Kaiser ER again due to severe vertigo and muscle twitching. ER dr did spinal tap to check for MS (negative). 2 weeks of severe vertigo left me bed bound, visual problems “cross eyed feeling”, muscle twitching all over body and face, severe fatigue, Severe headache!!!. MRI done again to check for MS, negative results. On Medical leave from work all of June 06.

July 2006- Positive test for Lyme disease from **Igenex labs (not CDC positive)**. All Symptoms continue. Kaiser Primary Dr. Referred me to Kaiser infectious disease Dr and refused treatment, told it was probably multiple sclerosis. Sent home, no follow up appt. Returned to work with symptoms persisting.

August 06- No breaks from dizziness or fatigue. Muscle twitching, weakness in legs, pain in muscles and joints.

September 06- Could not continue working due to increasing severity of symptoms. Bed bound at home, feeling like im going to die.

September- November 06 – After filing complaint with Kaiser was referred to 2nd Neurologist (an intern) for 2nd opinion. 3rd MRI negative for MS but had punctate lesions on surface of left parietal lobe, tilt table test revealed

Postural Orthostatic Tachycardia Syndrome = A type of Chronic fatigue Syndrome.

December 06- All daily symptoms persist, not working since September 06. Called Kaiser infectious disease Dr again, told him about my tests results, he now agreed my tests results could possibly be caused by Lyme, also according to Igenex labs test results, decided to treat me for 1 month with IV rocephin. No improvement.

September, 2007 – Symptoms persist and appear to be worsening. I am no longer able to work and doing anything is a real challenge due to severe fatigue, dizziness and shortness of breath. This month I tested positive for Epstein barr virus and cytomegalovirus.

All Lab tests CBC, liver, Kidney, CT scans, MRI's, EMG's continue to all be normal

Sx-dizziness, lightheadedness, muscle twitching all over, muscle and joint pains all over, nausea, fatigue, blurry vision, internal (buzzing) vibrations, all symptoms present 24 hours a day, 7 days a week.

Dx: Idiopathic GastroParesis, Postural Orthostatic Tachycardia Syndrome, 3rd MRI revealed punctate white lesions on surface of left parietal lobe (not visible 6 months later and repeated).

***May 8, 2008- Tested Positive for Coxsackie B4 infection by both Blood and tissue biopsy. Titer was 1:640, Stomach Antrum biopsy was more than 50% infected.**

Please work to help speed CFIDS research, we have suffered so much with minimal help from health care providers and very little relief from current medications. I still have hope that I may someday be able to return to work, please help with speeding research.....

Richard Briseno