

September 27th, 2024

Primarily a recap of Don Stegall health issues in 2024

This document is published on my personal web site at <https://donstegall.com/health> .. Updates about my health will be getting published there.

I've had some friends messaging me privately to see if I'm still around and how I'm doing if I am still around.

I know many of you have read this, or pieces of it, but I'm going to add a little more info on the postponed open spine surgery, and more info on the condition of my heart and potential surgeries on my heart and vascular system

I changed my GI doctor in late January, and he gave me the prednisone I needed after he looked at some of my records from Dr. Sam Fulp who is retired now. He was the primary doctor that treated my Crohn's Disease for many years. The Atrium doctors had refused to provide me with prednisone because of the complications it can and usually have. However, one thing it fixes is my appetite. It's hard to have any energy when one doesn't eat.

I got a corticosteroid shot in my right knee from a specialist at Carolina Bone & Joint in Monroe. Dr. Jaffe. I recommend him. I don't recommend Dr. Goldberger at that practice who has effectively refused to treat my pain. I'm reporting him to some medical boards and may be taking other actions against him. Dr. Jaffe just did another knee shot on 9/16. It has given me a little relief in the knee pain. The fact that injections in the knee improve my back pain indicates that RA may be involved and the fact that I increased my dose of prednisone with my doctor's blessing on Wednesday is another

indicator that RA may be involved in my extreme hip pain when I walk or just stand.

I started doing more after the right knee shot in January or February.

My legs got very weak in April.

I got set back up with Carolina Neurosurgery & Spine Associates (CNSSA) to have my spine checked up. New MRI's and CT scans showed changes in the bones squeezing the spinal nerves in the hip area. I can still walk because the stenosis (narrowing) of the nerve openings is below the main nerves that going into the legs. However, the nerve function in my hips and legs are still affected all the way to my toes.

Because of the heart issue I had on Memorial Day weekend, and other past heart issues I've had but mostly kept out of public view, the surgeon required clearance from cardiology and endocrinology.

I've been under the care of a cardio thoracic surgeon at Sanger Heart and Vascular since early 2022 or possibly earlier. The rare bacterial infection I had that was finally treated in 2021 had me home and living alone. I had a number of heart incidents in 2022 and was hospitalized with admission one night in February due to afib. I only shared this information with some close friends. Unfortunately that does not include my immediate family.

Well I saw a doctor with Sanger who wanted another MRI/MRA before giving clearance. What was found changed the possibility of me have spine, knee, or any surgery.

I have an aortic aneurysm that measures as high as 5.4 cm with 5.5 being point at which surgery is less risky than living with it. With the diagnostics that have been done it is well established that my aortic valve is damaged and not working properly. It is termed aortic regurgitation in my case and I think anywhere the aortic valve is letting blood back through the valve.

Just like I have done with software and model airplanes, I have been educating myself. I want to understand what the doctor, nurses, and any other medical staff are telling me.

I got some kind of really bad bug several weeks ago as all of this was going on. A week after that I guess I had what could be called depression. When the chest pain is constant, it's kind of hard to get this kind of circumstance off one's mind. Then I saw the surgeon. He allowed me to audio record the diagnosis prognosis. The notes in the Atrium Portal don't exactly match what he told me and some things in revised note are closer to what he told me.

He wants me to have a left heart catheterization because there is an artery showing 70% blockage.

In the consultation, he said he can't schedule surgery until the catheterization is done and they have more information about this complication and any others.

In either his notes or notes from one of his staff members, there is a statement that due to all of my health issues, surgery may just have to wait and may just not be possible.

I got the bad bug again after the 9/17 appointment

That is somewhat devastating with the pain I've been in with trying to walk and even trying to just sit in my office chair.

I do have one doctor helping with pain management.

I was about to give up fighting to do productive things. That's just not my mentality. Never has been.

So I'm getting back to doing as much as I can with software, whether it's on my primary desktop, my laptops, Chromebooks, iPhones, iPads, Android phones and tables. I have started getting some income from re-publishing Drill Bit Charts Pro on Android and RC Calculators Pro. Actual money getting deposited into my debit card accounts. It's not a lot right now, but my medical and related expenses have been in the extreme category for 3+ years. Every bit helps, even if it's only \$2 (-Google fees) at a time. August was better than September and I'm probably going to try to get the "free edition" republished because in the past it boosted sales of the paid version.

I'm going to do what I can to do more things worthy of sharing with others.

I'm planning to ask for some financial help as I need to have some healthcare help at home and if I get some home healthcare the possibility of me staying in the house I designed is more likely. If I must move to a dedicated healthcare facility, my productivity in model airplane endeavors and my music endeavors will likely effectively end. I know times are tough in the whole world economy, but if I can make it through the heart crisis and the spine crisis, I will reward those that helped me.

I will write my plea for financial help up in more detail, but there are ways you can donate easily to me now using these free and nearly instant money transfer mechanisms. When setting up a new recipient, I often send a low

amount like \$1 or \$5. Every bit helps and all donations are appreciated even the minimal \$1 these apps allow:

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